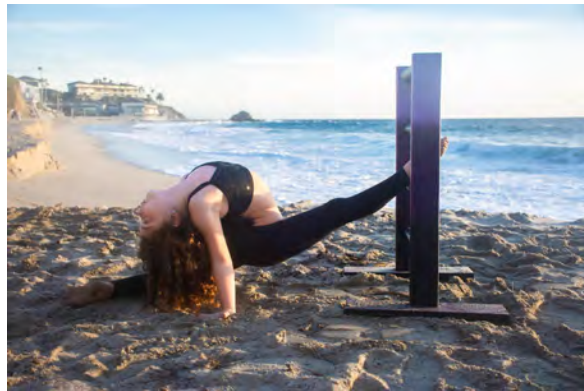


Front Split Stretches

- For these stretches make sure to be fully warmed up
- Keep legs straight
- Square your hips
- Turn Out
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor.



Hamstring Stretches

- For these stretches make sure to be fully warmed up
- Keep legs straight
- Square your hips
- Parallel
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor.



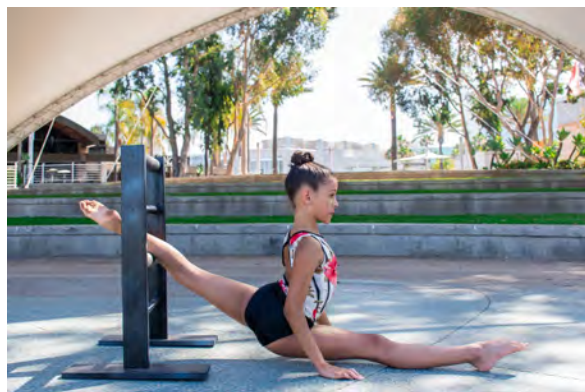
Hip Stretches

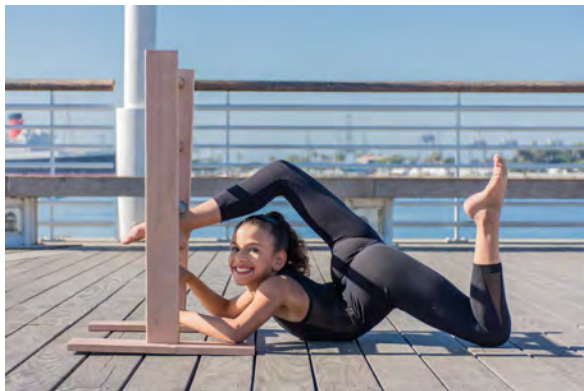
- For these stretches make sure to be fully warmed up
- Square your hips
- Turn Out
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor.



Back Split Stretches

- For these stretches make sure to be fully warmed up
- Keep legs straight
- Square your hips
- Turn Out
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor.





Straddle Split Stretches

- For these stretches make sure to be fully warmed up
- Keep legs straight
- Square your hips
- Turn Out
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor.



Back Stretches

- For these stretches make sure to be fully warmed up
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor.







Upside Down Stretches

- For these stretches make sure to be fully warmed up
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor





Feet and Front of Ankle Stretch

- Can be done with pointe shoes or without
- On forced arch or over the toes
- If anything is too uncomfortable and feels like injury is possible, back off and consult your instructor (especially in pointe shoes)

