

Your Pointe Preparation Table

Name _____

	Exercise	Reps																Tick	Tick	Tick	Tick	Tick	Tick
1	Theraband point	20																					
2	Snail	10																					
3	Doming	20																					
4	Proprioception1	1 minute																					
5	Proprioception 2	10 bends																					
6	Wall turn out	20																					
7	Clam	10																					
8	Plank	1 minute																					
9	Double foot rises	30																					
10	Single foot rises	15																					

- Theraband point** – Sit on the floor with your legs out in front of you, keeping a lengthened straight back. Loop the band around the ball of the foot. Pull the band straight. Keeping the band tight, so using resistance slowly stretch and point the foot then flex, working through the demi-pointe position. Keeping good alignment making sure the ankle doesn't sickle in or wing out. Known as Extended Good Toes or Naughty Toes.
- Snail** – Sit with knees tucked in to your chin, slowly straighten the legs pressing down through the toes, keeping a straight line from the shin through the ankle bone and feet until legs and feet are fully stretched and lengthened. Reverse the process by drawing the knees back in and pressing the toes along the floor. Keeping good alignment and pressure through the ball of the foot and toes is the key to success.
- Doming** – Sitting on a chair with feet flat on the ground, lift the arch of the foot and glide the toes towards the heel, creating a “dome” with the foot, keeping toes long and flat. Slide them back along the floor to a flat foot. Finish by flexing the toes up (not the ball) off the floor and lower them back down or ‘play the piano’ lowering one toe at a time, little one first!

4. **Proprioception 1** – Stand in parallel 1st and lift one leg to retire, maintain your balance for 30 secs-1min, repeat with both legs turned out. Once mastered try it with your eyes closed or standing on a bosu ball or wobble board (a thick cushion is a good at home alternative).
5. **Proprioception 2** – As above adding a demi-plié (bend) in 4 counts making sure the centre of the knee remains over the centre of the toes for the entire exercise. You can add brushes/swings of the working leg, try in front of a mirror so you can be sure everything is lined up correctly.
6. **Wall turnout** – Lie on your side with your back against a wall, be sure that your hipbones are stacked on top of one another both at right angles to the floor. Make sure you are pulling up, pulling your belly button in towards your spine, lengthening from top of your head through to your tail bone. Lift the top leg in parallel second a few degrees, then turn out the working leg. Lifting the leg higher and turning out as much as you are able at each stage, repeating several times until you've maximized your turnout. Lower the leg back to the floor slowly while maintaining your fullest turnout. Can be practiced with feet in a stretched and a flexed position.
7. **Clam turnout** – Lie on your side, with knees bent at a 45-degree angle. Rest your head on your lower arm; be sure that your hipbones are stacked on top of one another both at right angles to the floor. Make sure you are pulling up, as above. Keeping your feet touching, raise your upper knee without shifting your hips or pelvis, rotating outwards until you can feel the correct muscle working your turnout keeping your lower leg on the floor. Pause at least 5 seconds, and then return your upper leg to the starting position.
8. **Plank** – Take up plank position with your bottom in line with your shoulders and heels, hands under shoulders, abdominals and buttocks engaged.
9. **Double foot rises** – Rise slowly in 8 counts onto the highest demi pointe you can manage, weight should be over the middle of the ball of the foot and toes throughout and ankles should stay in line, the centre of your ankle lined up with the centre of your toes. Keeping your weight over your toes as you lower your heels for a further 8 counts. Practice these in parallel and turned out, 1st & 2nd.
10. **Single foot rises** – As above but on 1 foot, keep the lifted leg sur le cou de pied and when you are stronger keep it in retiré. Make sure hips are horizontal (level with each other) at all times.

