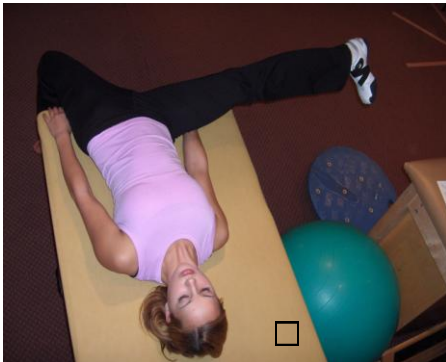


**13. Fast Arc contraction exercises without extensor and flexor digitorum:** This is a combination of the previous exercise: Start with foot dorsiflexed and toes extended, then plantar flex foot without pointing toes downward. Now dorsiflex foot without using toes. Do this exercise as fast as you can for 3 sets of 30 seconds, when you think you are going as fast as you can you need to go faster. This exercise fires off your golgi tendon organs and helps you recruit more muscle fibers, making your contraction stronger.



**14. This exercise is to fire your glut's and external hip rotators with an eccentric contraction.** Lie on the edge of the table with your foot externally rotated then bring the leg across your body while internally rotating your leg. Internally rotating your leg will be difficult since most everything you do as a dancer is external rotation. This lengthens your hips external rotators, and glut's on the active leg while firing them with an eccentric contraction that most ballet movement lacks.



**15. This exercise is to dynamically fire your gluts with an eccentric contraction.** Support yourself on the bar and sit in a squat position with your knees at 90 degrees, your knee should be square under your foot. Externally rotate the other foot with a straight extended leg, then you are going to bring the leg across your body while internally rotating your leg. This uses your gluts and quad's on the stabilization leg and lengthens your external rotators, and glute's on the active leg.

