



Pro-Dancer's Legs Testing & Training

after clearance by sportmedics
pro = 12+ hours dance each week
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1) Warm-up*+ Test A, B & C

A Counter Movement Long Jump



use an extra shockabsorbing exercise mat (12-18mm)
when jumping without footwear

B Squat Long Jump

keep your hands on your hips and jump from a paused squat, arms can be free in the air & landing

C One Leg Jump

start with the strongest leg, dynamic jump, land on 2

Assessments

Index = A : Body Height
Less than 1.0: Start Training
Between 1.0 and 1.3: Can Improve
Greater than 1.3**: also check B

Index = B : A
Less than 0.8: Strength Training
Greater than 0.9: Plyometrics
Between 0.8 and 0.9: also check C

Index = C Strong : C Weak
Less than 0.8: Consult sportmedics
Between 0.8 and 0.9: Asymmetries
Between 0.9 and 1.0: Continue

2) Train?

Are you pleased with the assessment of your jumping performances?



YES



NO

Execute 3 weeks of 2-3 microtrainings of 20-30 min per session, skip 1-2 days before the next sessions, monitor your daily freshness & scale down 1-2 weeks if needed choose I, II or III; rotate all or combine e.g. I-II-I, II-III-II, III-I-III

*Warm-up Legs

20 sec. stepping high knees + 10 reps bodyweight (BWT) deep squats
20 sec. hopping high knees + 10 reps BWT good mornings
20 sec. tempo high knees + 20 Jumping Jacks or Seal Jumps

I Strength BWT Circuit

Train this circuit of 2-4 rounds with 1 min pause

20 Deep Squats
20 Lunges (10L/10R or walking)
10-20 Single Leg (Pistol) Squats (5-10L/5-10R or Alternated)
10-20 Single Leg Hip Hinges (T-Deadlifts) (5-10L & 5-10R or Alternated)

II Strength Loaded Stations

Each station 1-2 sets to build up to 2-3 sets of 8-12 reps with 1 min pause;
increase 5-10% weight if 2 x 12 can be done &

load with e.g. bags, kettlebells, dumbbells, discs, barbells

Overhead Squat
Goblet, Suitcase, Front or Back Squats
Good Mornings, Romanian Deadlifts

III Plyometrics Circuit

Train this circuit 2-4 rounds with 1 min breaks

20-60 sec Rope Jumping or Ankle Hops + 10 Jumps from Squat
Idem + 10 Alternated Jumping Lunges
Idem + 10 Squat Jumps to Knee Tucks
Idem + 10 Alternated One Leg Jumps to Two Legged Landings

3) Week 4: Repeat 1)

4) Maintain Dance

Add 1 x per week I, II or III? After 3-6 weeks do 1)