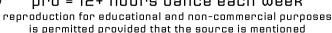


Pro-Dancer's Legs Testing & Training

after clearance by sportmedics pro = 12+ hours dance each week





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 D.8: Strength Training Greater than D.9: Plyometrics Between D.8 and D.9: also check C

Index = C Strong : C Week Less then 0.8: Consult sportmedics Between 0.8 and 0.9: Asymmetrics Between 0.9 and 1.0: Continue

2) Train?

Are you pleased with the assessment of your jumping performances?



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, II-1-II, III-1-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 Altternated One Leg Jumps to Two Legged Landings

3) Week 4: Repeat 1)

4) Maintain Dance

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