

YOUR WARM-UP ROUTINE

Method 1: Pilates Based

Ideal for core control, postural alignment, gentle activation

Start Supine

- Deep core breathing
- Pelvic tilts, rolling bridges
- Marches, ab curls

Side-Lying (both sides)

- Clamshells
- Side planks
- Lateral stretches

Prone

- Chest & leg floats
- Full body extension

Quadruped

- Scapular & spine mobility
- Thoracic rotation

✓ *Use if you need alignment reset, injury reduction, or gentle prep*

Add-On Focus

Upper Body & Arms

- Hummingbirds
- Wall posture drills
- Side-lying reach & roll
- Wall planks
- Rhythm ball drills

Lower Body & Hips

- Turnout discs
- SL squats w/ band
- Plie to passé w/ resistance
- Long-sit développés
- Battement seated series

Spine & Trunk

- Half-fold cat/cow
- Bird dogs
- T-spine rotations
- Side-lying bridges
- Standing retro leg reaches

Method 2: Dance-Specific

Irish Dance

Warm-Up:

- Toe yoga, arch raises
- Ankle walks
- Leg swings
- Hip CARS, cat/cow

Cooldown:

- Calf stretches
- Hip flexor stretch w/ lateral reach
- Hamstring variations

Ballet

Warm-Up:

- Toe yoga
- Foot/ankle walks
- Cambres
- 90/90 seated ER/IR
- Passé transitions

Cooldown:

- Calf/quad/psoas stretch
- Supine piriformis rocks

Modern/Contemporary

Warm-Up:

- Contractions, undulations
- Air squats → hops
- Shoulder & hip CARS
- Fan kicks
- Reaction drills

Cooldown:

- Walking/marching
- Lateral lunges
- A/P lunges with holds
- Forward fold + cat/cow