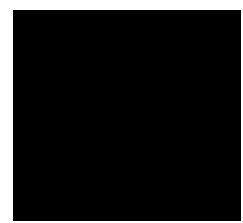
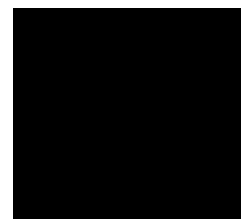


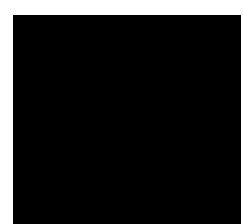
WARM UP Checklist



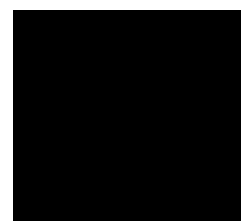
Cardiovascular: jogging, skipping, jumping jacks (2-3 min)



Mobility: leg swings, arm circles, hip rolls



Muscle activation: bridges, heel rises, isometrics

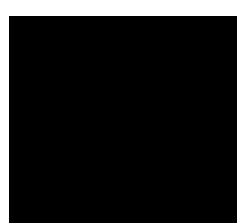


Skill rehearsal: tendus, pliés, port de bras

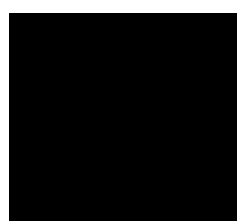
Avoid:

-  Sitting in stretches/splits before dancing
-  Passive static stretches longer than 5-7 seconds during warmup

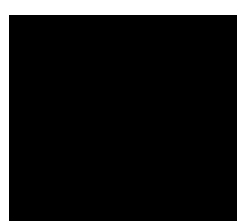
COOL DOWN Checklist



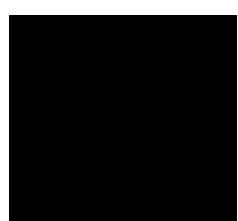
Low-intensity movement (e.g., walking or easy dancing)



Short stretches (5-10 seconds) between classes



Longer static holds (30-60 seconds) at day's end



Use foam rollers or massage tools AFTER cooldown — never as a replacement for movement.
