



# Feis Fit Warm-Up Guides

## 1.) Get your heart rate up and raise your body temperature: 5-15 minutes

Think **BIG** full body movements here!

Examples:

jog

squats with weight shift

downward dog to step up

side to side squats

hip circles

hollow rocks

table top pull throughs

jump rope

zombie walks

## 2.) Mobilize and stretch: 10 minutes

Think more specific muscle groups here that you would need an increased range of motion for in dancing! Hold each exercise for 1-2 minutes on each side.

Examples:

-wall hip flexor stretch

-wall quad stretch

-hamstring stretch

-calf stretch

-point stretch

## 3.) Activate: 3-5 minutes (can be combined with dance drills if you prefer!)

We are turning on the muscles you need for dance.

Examples:

- hip bridges
- hollow bodies
- calf raises
- toe taps
- turnout specific exercises

## 4.) Dance drills: At least 10 minutes. I recommend focusing on this longer so you can really focus on technique.

Examples:

- hop 1,2,3's
- leaps
- birdies
- fast skips
- rhythm drills
- any drill you use in class



## Feis Fit Warm-Up

**Note:** If you are short on time, you can cut the times of movements and stretches in half and do 1 round of the first circuit instead of 2.

**Complete 60s of each of the following exercises. Do the following circuit 2X through.**

- jog
- tabletop pull throughs
- squats with weight shift (do a squat, then take your time at the bottom as you shift your weight back and forth, opening up the hips)
- downward dog with a step-up
- standing hip circles (30s each way on each leg)
- ATG quarter lunges

**Stretches: Hold the following stretches for 1-2 minutes on each side.**

- seated on feet stretch
- yoga block calf stretch
- achilles stretch
- point stretch
- static hamstring stretch
- wall quad stretch
- hip flexor stretch

**Activation Drills: Do the following exercises 1X through**

- 10 jumping arm circles each way
- 10 hip bridges with a band
- 10 side walks each way
- 10 front leg raises and 10 side leg raises
- 20 banded ankle circles each way