

# DANCER PROFILE

**NAME:**

**DATE INITIAL PROFILE COMPLETED:**

**PARTNER:**

ACTIVITY	INITIAL DATE:	6 WEEKS DATE:	12 WEEKS DATE:
<b>Single leg calf rises</b> 2 counts up, 2 counts down. Record the amount to fatigue	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Tondues</b> Monitor floor pressure & foot articulation Record the amount until technique decreases	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Single leg balance on releve</b> Record how long (secs) you can hold	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Fondue</b> Monitor pelvis Record the amount until technique decreases (max 20)	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Sautés in first position</b> Record how many with good quality landing and elevation	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Relevé passe</b> Monitor quality of transition	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Airplane</b> How many (max 10) Balance on one leg, arabesque back leg and move trunk to a flat back, arms out by your side. Reach down to your foot with both arms, bending your supporting knee.	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Plank</b> How long (secs) - max 90sec	R:      L: Comment:	R:      L: Comment:	R:      L: Comment:
<b>Side Plank</b> How long (secs) - max 90sec	R:      L: Comment:	R:      L: Comment:	R:      L: Comment: