

STRENGTHENING EXERCISES FOR FEET

These examples of foot exercises are particularly useful for dancers in preparation for pointe work – but also good for all dancers! Always discuss any exercises with your teacher before starting, as they will know your individual strengths and weaknesses.

METATARSAL LIFT / DOMING



Start this exercise by kneeling on the floor with one foot flat. Whilst trying to keep the foot flat on the floor, pull up the muscles under the arch of the foot and hold – relax and then try again. If you are struggling you can always hold your toes down until you get the hang of it. The more and more you practice this exercise the more repetitions you'll be able to do! You can even do it whilst watching the TV 😊

EXERCISE BANDS

*POINT AND FLEX - Wrap the band around the ball of one foot then, sitting on the floor, simply point and flex your foot. Make sure you're holding the band taut and that your movements are slow and steady.

*WING – Wrap the exercise band around the ball of one foot like before. Pull the band towards the inside of your working foot, towards your free leg and hold down with your free leg. Then wing your foot outwards against the band. Remember slow and steady

*SICKLE – repeat the last exercise but the other way around so the band is now pulled toward the outside of your working foot and you are sickling the foot inwards.

We sell lots of different exercise bands in store ranging in strength and price. From £3.99 - £7.99

We also sell the Gaynor Minden Dancers dozen which comes with two exercise bands and a book with lots of exercises for just £14.99

ELGIN ARCH EXERCISER



This provides resistance to really help strengthen the dancers arch and foot.

Simply put your foot on grab the lever with your toes and pull back!

The Arch Enhancer is available online and in store in pink or cream at £34.99.

WOBBLE BOARD

*Stand on the wobble board, first of all just try to stand on flat feet and gain your balance. Balance on the wobble board for as long as you can without the edges touching the floor.

*Then when you're feeling more confident and secure try some simple plies or knee bends.

*Rotate the wobble board round so that the edge of the board is in contact with the floor at all times.

A wobble board is also an excellent tool to strengthen your core stability and work on your proprioception. Why not try all of these exercises with your eyes closed to test yourself. Remember to be safe though!!!

Our wooden wobble board is available online and in store at £21.99.

ON THE FLOOR

There are countless other exercises you can do whilst just sitting on the floor without any equipment at all!!!

*sit on the floor with your legs stretched out in front of you and simply circle your ankles one way and then the other.

*On the floor again legs out and point your feet then just flex your toes, leaving your ankles pointed then go to a true flex. Then repeat going the other way. Point just your toes and leave your ankles flexed

AT THE BARRE

You don't really need a barre for these a chair or a wall will do

*Face the barre with your feet in parallel and just slowly rise up, hold then lower down. You can repeat this exercise just standing on one leg. Always remember to work both sides equally.

* Sideways to the barre this time and just practice some VERY slow tendus making sure you really use those feet and resist against the floor

Use all or some of these exercises and you're bound to see results

Good luck!!

