

Feel Good Friday

Cross Training for Dancers

Happy Feel Good Friday Week 3!

We understand our community is experiencing disorienting shifts this week. The Feel Good Friday resource is intended for us to prioritize wellness and to actively check-in with our physical bodies. We hope this offers some help!

This week we are exploring **Cross Training for Dancers**. We need to train to be better dancers and cannot dance as our only form of training. It is typical during the third week of the semester, overuse injuries begin to occur and we begin to fatigue ourselves mentally and physically in classes. The novelty of dancing at home with new instructors has begun to wear off and we are settling into our new roles. **Cross training is a great way to focus on muscle imbalances and prevent any injuries!**

We have developed a **master list of exercise** that is typically given to dancers (with some help from fellow colleagues and resources). This is not comprehensive, but **a good starting point to improve your conditioning program at home**. This list is not intended to complete every single exercise, but rather to give ideas on how to stay conditioned. It is organized by each body region. There are variations to exercises that include specific equipment, depending on what is available to you. There are also hyperlinks with videos and articles to complete the exercises correctly. Remember to focus on the quality of the movement rather than the quantity of the movement.

Equipment Recommended

(Do not forget about your \$200 USC Kaufman Stipend)

- Yoga Mat
- Proper flooring and/or space
- Portable full length mirror
- Resistance bands
- Small weights (or a reusable shopping bag with various weights around the home)
- Foam roller
- Myofascial Ball / Tennis Ball
- Stretching strap

Optional Equipment

- Exercise Ball
- BOSU Ball
- Yoga Blocks
- Pilates Balls
- Dyna-disc
- Turning disc

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HERE

[Kaufman School of Dance Workout Program](#)

Disclaimer: Do not complete these exercises if you experience any pain/discomfort. This list of exercises is intended for injury prevention and performance enhancement. This is not intended for rehabilitation. If you are having pain or discomfort with the exercises, stop immediately and reach out to me to make sure it is the correct exercise for you.

If you have any questions on the exercises, please feel free to reach out to Marisa via email or text message. You can also set up a wellness appointment to review your mechanics on exercises. This is will be updated periodically, so feel free to check back for updates! Take a video / picture and share your #feelgoodfriday on social media and tag @usckaufman.

Thank you,
The Wellness Team (Marisa Hentis & Leanna Bremond)