

ACRO Home Conditioning

Here's some an Acro warm up the dancers can use to help maintain their technique.

***AFTER a FULL body warm up (starting with some cardio, then proceed, head, shoulders, arms, torso n legs/feet) ***

We can now begin a back warm-up

Start with 5 normal snakes. Feet shoulder width or slightly past, knees straight and arms in "Acro arms" position. Then do 5 snakes with feet together. Please ensure knees ONLY bend on the toes to head which is held for a a count of 8. You should recover back to standing with arms in "Acro arms" position each time.

5 knee snakes. Again knees remain hip width apart and arms begin and end in "Acro arms" position. Hold the toes to head for 8 again. Repeat with knees together 5 times.

5 bridges. Looking at hands or just past. Work on shoulders lining up over wrists. Hold the bridge for 8

Bridge push ups. Walk hands slightly in..bending in elbows (not shrugging shoulders) aim for lowering the chin to floor close to or between feet. Hold the lowest part of the push up for 4 counts. Do 25

Ponys: Choose a leg variation that challenges you. Ankle to ankle, knee to knee, straight leg to ceiling etc. The action is a jump!! Jumping off one foot and landing on the other. 60x (30 each side)

Bridge kicks: In bridge. Centre one foot and stretch the other leg to point that toe on the floor. Now kick that leg STRAIGHT to the ceiling (no developé, or flicking of the foot) 20x each side.

In ALL bridges neck should be arched and you should be looking past your hands. If you are going into bridges from standing, head and Acro arms lead and recover the same way. NO POPPING CHINS ON RECOVER!!!!!!!!!!

If space allows, warm up your stands, chest, elbow, shoulder. Challenge yourself with leg variations and ways to get in and out of each stand.