

Common Exercise With It	Weight-Training Suggestion	Significance for Dance	Discussion
Push-up and pull-up Weights: cndis (holding the lower arm to the upper arm while holding weight)	Weights: standing triceps extension; hold weight in both hands overhead, lower weight to neck level and to the back and up again	Strengthens arms for falls and lifts	Generally very weak in women; both men and women need this strength for control
Push-up Weights: bench press, dumbbell fly, and pullover	Weights: bench press, dumbbell fly, and pullover	1. Provides firm chest muscles 2. Needed for lifts and falls	Development imperative for control of back and upper arm strength
Push-up, pull-up, chin-ups Weights: with arms extended wide apart overhead, pull weight down to neck level and push back up	Weights: with arms extended wide apart overhead, pull weight down to neck level and push back up	Gives control of entire back and arms	Development of entire back for control in balancing off-center turns and body control in general
Twist or rotate upper body	Makes small, strong waist	Keeps abdomen flat if done regularly	Vulnerable in lifts; can be strained
Sit-up: with knees bent and legs at 90°, crutch or raise only upper body toward knees	1. Bend upper body to side 2. Sit-up as described above	Contributes to strong lower back	Injury—General weakness; sit-ups and stretches of the back imperative
Stretch the thigh to the back while maintaining the integrity of the hip	1. Turn out leg from hip socket 2. Lift leg to back 3. Weights: leg press	Can contribute to lordosis or swayback	Must be stretched constantly
1. Lift leg forward 2. Straighten leg at knee joint 3. Pull up kneecap 4. Weights: quadriceps press	1. Bend upper body to side 2. Stabilize pelvis and spine	Contributes to thigh turnout	Injury—Strain At onset of pain, apply ice; rest until pain stops; do easy movements
1. Touch toes with fingers without bending knees 2. Sit erect on floor with legs extended straight forward 3. Weights	1. Strong hip flexor 2. Raise thigh to trunk or against resistance	1. Bends knee 2. Must be stretched constantly and also strengthened	Injury—Strain At onset of pain, apply ice; rest until pain stops; no stretching until no pain. Strengthening is often neglected in dancers.
1. Jump 2. While holding weight, rise up and down on a raised surface so heel drops below surface	1. Stabilize hip 2. Extend hip	1. Tires easily 2. Strain muscle in jump 3. Points ankle and foot (plantar flex)	Injury—Temporary soreness from sudden overuse, and strains Prevention—Should be stretched more
Overuse common Do toe pulls with towel	Extend leg in forward movements	Flexes foot and ankle	Major part of shin-splint syndrome. Ice, stretch board needed
1. Rotate ankle in circle 2. Raise and lower on stair or board	1. Bend knee 2. Extend hip	1. Helps protect Achilles tendon 2. Supports ankle in all foot movements	Injury—Sprained ankle Prevention—Keep ankle in line with center of knee
Jump Weights: calf machine	1. Point foot 2. Raise leg to ball of foot (half-toe) 3. Bend knee	1. Must be stretched constantly 2. Thickest and strongest tendon in body	Injury—Tears apart by violent overstretching Prevention—When coming down from a jump, land on ball of foot, lower heel to floor, bend leg

Part of Body	Main Muscles	Approximate Location	Main Movement
	Biceps	Top of upper arm (when arm is lifted to side at right angle to body with palm up)	Bend or flex elbow
	Triceps	Bottom of upper arm (when arm is lifted to side at right angle to body with palm up)	Straighten or extend elbow
	Pectorals	Front of chest	Bring arm across chest, lower arm when overhead
	Trapezius and latissimus dorsi	Upper back Middle back	1. Move scapulae 2. Pull arms downward, backward, and inward
	Obliques	Over ribs on either side	Twist upper body to either side
	Rectus abdominis	From upper ribs to top of pubic bone, covering abdominal area	Raise upper body forward as in sit-up
	Quadratus lumborum	Small of back	1. Bend upper body to side 2. Stabilize pelvis and spine
	Iliopsoas	Lumbar spine to femur	1. Strong hip flexor 2. Raise thigh to trunk or against resistance
	Gluteals	Buttocks	1. Stabilize hip 2. Extend hip
	Quadriceps	Front of thigh	Extend leg in forward movements
	Hamstrings	Back of upper leg	1. Bend knee 2. Extend hip
	Gastrocnemius (gastroc or calf)	Back of lower leg	1. Point foot 2. Raise leg to ball of foot (half-toe) 3. Bend knee
	Tibialis anterior	Front of lower leg	Flex foot (dorsi-flexion)
	Tibialis posterior and peroneals	Around either side of ankle	All muscles contribute to move ankle in circle
	Achilles tendon	Lower part of leg and heel on back of leg; longer part of gastroc (calf) muscle	Same as gastroc