

Functional Training Exercises

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This table reviews exercise and training techniques that can be used to rehabilitate deficiencies in the basic skills of dance.

| <u>Parameter</u> | <u>Example of Functional Training Exercise</u> |
|---|---|
| Balance | Balance beam, trampoline weight shifts, Pro-Fitter ski simulator in fourth position |
| Coordination | Standing bike with dowel rod |
| Agility | Four square box changes with tendu releve and/or small jumps |
| Bilateral Stance Leg Strength | Leg Press with turned out pli , jumps |
| Unilateral Stance Leg Strength | “Airplane” Rhomberg-variant |
| Gesture Leg Strength | Resisted pulley on Universal system |
| Specific Trunk Strength | Pike sit ups, Swiss Ball port de bras |
| Ankle Strength | Pilates press, backward treadmill walking |
| Concentration | <ul style="list-style-type: none"> • Spontaneous recall and recitation of yesterday’s activities while keeping precise movement and rhythm combination with unpredictable variations of floor surface, attempted conversations of others, light source changes • Reversal exercises |
| Cardiovascular Endurance Aerobic Specific Anaerobic | Aquatrex running and leaping, NordicTrak, Bike, Stairmaster, Treadmill Jump-rope with mixed foot patterns |