

Muscle Ballet

Nawaz Modi Singhanian shows you how muscle ballet gives you the chance to develop grace, while getting slim, taut and fit

We've all long coveted the ballerina's body. Now you can have one for yourself! You'll lose fat and inches, firm your muscles up, develop balance and coordination, while working any and all your body parts. Here are some simple, easy-to-do moves you can practise in the comfort of your own home.

BALLET TERMINOLOGY AND MOVES:

Relevé ▶

Stand straight with your feet turned out into a 'V' position. Lift the arms up overhead in a curve. Rise up onto your toes, and then lower yourself back down onto the floor on your heels.

At a later stage, having placed your heels on the ground, you can bend the knees slightly and straighten them again (demi plié) before repeating it all again.



Tendu ▶

While standing straight, point your feet out into a 'V' position. Stretch your right leg out on the floor at a diagonal to your body. Keep the foot pointed and then bring it back in to meet the left leg.





3 Pas and port de bras

A pas is a single step or combination of steps that constitutes a dance. Port de Bras is a generic term for a group of exercises designed to make the arms move gracefully. With a combo of the two, you can be the judge of just how great ballet could make you look.

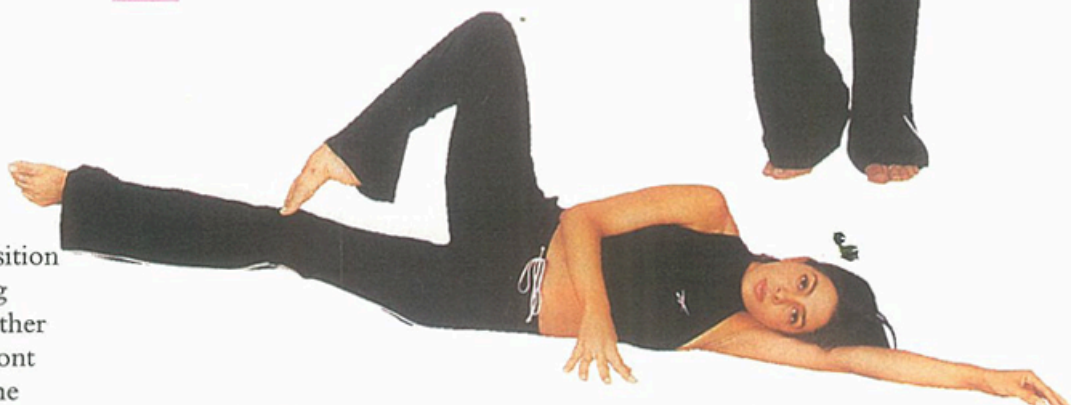
4 Coronation

Stand straight with the whole body taut and tall. One leg at a time, with tiny alternating knee bends, move the knee out to the side of the body and back down. Start with the right arm overhead while the left arm rests on the hip.



5 Floor Barre 2

This position is the second position in the Floor Barre series. Lying down on your arm, lock the other arm down onto the floor in front of you. Lift both the legs off the ground from the hips, feet pointed straight out. Bend the upper leg, so that foot touches the inner knee of the straight leg. Rotate both legs inward from the hips while exhaling, and back outward while inhaling.



Remember that what is done on one arm, leg or side, must naturally be repeated on the other one as well in order to ensure balanced muscle tone and equal all-rounded benefit.

Start by practising eight or 10 each of all of the above moves. As the body adapts to the exercises and you feel ready to move onto the next level, increase the repetitions by a minimum of two or a maximum of five at a time, depending on how your body is coping with the increase. **F**

CAUTION

*Those with a neck, back, knee or ankle problem should not engage in the above exercises, or should do so with appropriate modifications under qualified supervision.

*Never start an exercise program without obtaining your medical practitioner's approval first.