

## Online resources

Below is a list of links for you to take part in at home. The most important thing is that you keep moving so take part in as many online classes as you can. There are hundreds of classes available in a live and a pre-recorded format so why not try lots of different ones. I have put together a few for you to do which will also give you a head start on your training in September. Have fun!!

- To give you a head start in learning ballet which is a core part of your course here is a tutorial with a break down of exercises

Beginners ballet barre: [https://www.youtube.com/watch?v=e\\_veY\\_EdHys](https://www.youtube.com/watch?v=e_veY_EdHys)

- For those of you who are familiar with ballet technique here is a more advanced version

Ballet barre for those with experience: <https://www.youtube.com/watch?v=-k3n13FrKEs>

- This stretch combines yoga as well as lots of stretches that are vital for dancers flexibility

Stretch: <https://youtu.be/eU9febp5yfY>

- Here is a full body workout that you can complete at home to help maintain and build your muscle strength

Full body workout: <https://www.youtube.com/watch?v=p2fFOsLdHwQ>

- This workout combines moves that you will be familiar with to help build your strength

Dance fitness and conditioning: <https://www.youtube.com/watch?v=WRsRH4rbJKE>

- This page lists a timetable of free weekly classes that you can take part in at home in a variety of different styles

Magnetic Movement (facebook) Dance - Isolation motivation