Rhythmic CLX Exercise Rationale

Standing doming with CLX
This exercise focuses on the muscle that supports the arch of the foot. We need this muscle to be strong in order to have a good releve. It is also important for pushing through the floor for leaping. When this muscle is strong, the athlete will have better foot, knee, and hip alignment and she will have a decreased risk of developing arch pain (plantar fasciitis) and tendonitis (inflammation of the tendons in the feet).

Turn out series
These exercises are designed to help the athlete find her turnout muscles and use them without compensations. This will decrease injuries to the knees and foot. It will also promote good spine alignment and potentially decrease the risk of back injuries.

Horizontal abduction and external rotation with slight leg lower
These exercises focus on coordinating core and shoulder strength as well as working on core activation to limit excessive low back extension with hip flexor activation. This exercise can be made easier or harder based on leg position (lower is harder) and is a good lead up to core activation in other positions (ex: master this before trying bird dogs) because it teaches core activation with the trunk supported by the ground.

Single leg bridge with horizontal abduction
This exercise targets the whole body. The shoulder blades are engaged for stability and this helps develop strength that is beneficial for tossing and supporting the body during acrobatic skills. The core and gluteal muscles are engaged to stabilize the pelvis and this is crucial during body difficulties that are performed on one leg.

Bird Dog series
This exercise targets the whole body and will help with power for tossing when both the arm and leg are lifted together. The supporting leg is developing strength for control of the hip and trunk position (important for penche) and the lifting leg will improve strength and power on the back leg of leaps. The supporting arm is in a weight bearing position to improve strength for acrobatic skills, and the lifting arm is important for tossing. If this exercise is too challenging, the athlete can lift just her arm or just her leg.

Standing exercises with band wrapped around leg
This series, if performed correctly, helps the athlete maintain the proper distance between the trunk and supporting leg. This is important for penche skills. If the athlete cannot maintain the space between the trunk and supporting leg, there is a high risk for developing anterior hip pain and pinching. Additionally, this series helps develop strength in the gluteal muscles, which is crucial for lifting the leg to the back. When the gluteals are used first, the back muscles do not have to work so hard and there is decreased risk of back injury.
**Plank serratus press**
This exercise helps to strengthen the muscles that keeps the shoulder blades against the ribs. This allows for increased power with tosses and improved stability with acrobatic skills allowing for better body position and less strain through the shoulders and spine.

**Plank with leg lift and turn out**
This exercise targets the whole body. The shoulder blade press targets the muscle that stabilizes the shoulder blade. This is beneficial for tossing and acrobatic skills. The core is also engaged to stabilize the pelvis. Additionally, this exercise is designed to work on improving turn out muscle strength while the rest of the body is stable. Working on the strength of the turnout muscles helps support the hip and may help decrease complaints of hip pain.

**Supine battement bridge**
This exercise will help with improving the amplitude of the front leg in leaps and kicks. It will also help the athlete develop strength in her supporting leg so that she is not sinking into the hip while performing body difficulties.

**Lunge to battement**
This exercise will help with improving the amplitude of the front leg on leaps and kicks. It will also help with balance of stance leg when moving between positions and with pulling up out of the supporting leg.

**Airplane**
This exercise helps the athlete maintain the proper distance between the trunk and supporting leg and will help with square position and strong arms and back on penche. It will also help with speed of getting into penche position.

**Downward dog**
This exercise helps to strengthen the arms and shoulders for acrobatic skills, assists with training in a square position, and strengthens the hips of the lifting leg for penche and the back leg on leaps. It also allows for lengthening of the calf of the stance leg.

**Flat backs with arms overhead**
This exercise helps with body position in penche to allow for space in the front of the hips. It also strengthens the back and shoulders especially with keeping shoulders down away from your ears. Additionally, it works on balance in releve with movement in and out of flat back position.

**Flat back with arms behind**
This exercise helps with body position in penche to allow for space in the front of the hips. It also strengthens the back and shoulders and works on balance in releve with movement in and out of flat back position.

**Tendu**
This exercise is to promote length in the supporting leg. This will help keep the front of the hip healthy and decrease complaints of hip pain and pinching. Additionally, the athlete will be working on activation of the gluteal muscles. This is beneficial for decreasing the overuse of back muscles which result in muscle strains and stress fractures in the lumbar spine.