

Gift Guide:

Ideas for your dancer/gymnast

Check out the links listed below for your serious student! In addition, Ms Annika is available to assist your son/daughter with an individualized program to help meet their goals with your new equipment! Call the office to schedule a wellness appointment (\$35/visit).

For the budding **ballet** dancer, access your turn-out muscles and perfect turns with a turn-out board.

https://www.amazon.com/Ballet-Turnout-Training-Boards-Discs/dp/B074C1L4PJ/ref=sr_1_3?ie=UTF8&qid=1540250598&sr=8-3&keywords=turnout+board&dpID=31br9URbDWL&preST= SX342 QL70 &dpSrc=srch

For **tappers** to practice at home, put four of these together to make a shock-absorbent tap floor.

https://www.amazon.com/dp/B07HGFQQ87/ref=twister_B00WL5MVDQ?_encoding=UTF8&psc=1

For **self-massage** and trigger-point release, use these tools with gentle pressure along the muscle belly.

https://www.amazon.com/Lacrosse-Massage-Shoulder-Physical-Massager/dp/B078W768F3/ref=sr_1_32?ie=UTF8&qid=1540251082&sr=8-32&keywords=self+massage

https://www.amazon.com/Exercise-Foam-Roller-Professional-Trigger-Point/dp/B01BTEQ4X2/ref=sr_1_22?s=exercise-and-fitness&ie=UTF8&qid=1540251234&sr=1-22&keywords=foam+roller

https://www.amazon.com/Pasniy-Massager-Fasciitis-Shoulder-Included/dp/B078WVZ5NR/ref=sr_1_30_s_it?s=hpc&ie=UTF8&qid=1540251352&sr=1-30&keywords=foot+massager

To improve your balance for **jazz** jumps and turns, try doing your standing floor work balancing on a set of pods.

https://www.amazon.com/fit-Balance-Pods-Set-Blue/dp/B0018EC2IU/ref=sr_1_25?ie=UTF8&qid=1540251476&sr=8-25&keywords=balance+balls

Foot strengthening for **pointe work** and **contemporary** foot gorgeousness, exercise on a foot gym.

https://www.amazon.com/Foot-Gym-Fasciitis-Achilles-Tendonitis/dp/B00O4F0Y6C/ref=sr_1_6?ie=UTF8&qid=1540251600&sr=8-6&keywords=foot+exerciser&dpID=41qO%252BYFSnaL&preST= SX300 QL70 &dpSrc=srch

To safely practice your **gymnastics** stretching and **breakdancing** moves, use a cushy floor mat.

https://www.amazon.com/We-Sell-Mats-Folding-Exercise/dp/B00ZAIW3K2/ref=sr_1_12?s=sports-and-fitness&ie=UTF8&qid=1540251699&sr=1-12&keywords=gymnastics+equipment

For strength in your **hip-hop** routines, try adding resistance with a **thera-band**.

https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_3?s=sporting-goods&ie=UTF8&qid=1540251815&sr=1-3&keywords=therabands&dpID=51OO3MXIqKL&preST= SY300 QL70 &dpSrc=srch

To rest your feet from all your work in **modern**, try sleeping in a set of yoga toes. These also can help prevent bunions and make your feet more supple.

https://www.amazon.com/Original-YogaToes-Stretcher-Separator-Bunions/dp/B004HKWSTU/ref=sr_1_6_a_it?ie=UTF8&qid=1540251962&sr=8-6&keywords=yoga+toes&dpID=51CuJZPmOL&preST= SY300 QL70 &dpSrc=srch

To **strengthen**...pretty much everything, try an exercise routine with a magic circle!

https://www.amazon.com/Pilates-Ring-Superior-Unbreakable-Fitness/dp/B07D9G4PD8/ref=pd_sbs_200_5?_encoding=UTF8&pd_rd_i=B07D9G4PD8&pd_rd_r=671bf615-d655-11e8-b668-2fb34fec8f14&pd_rd_w=YDI6G&pd_rd_wg=JNNfl&pf_rd_i=desktop-dp-sims&pf_rd_m=ATVPDKIKX0DER&pf_rd_p=763ccc93-bfa2-47be-85ae-0cdd7e00b3da&pf_rd_r=M5ET8K89G4D403J6QCS0&pf_rd_s=desktop-dp-sims&pf_rd_t=40701&refRID=M5ET8K89G4D403J6QCS0

For improved **flexibility**--safely--use a stretching strap.

https://www.amazon.com/Original-Stretch-Strap-Exercise-OTP/dp/B00065X222/ref=sr_1_3?ie=UTF8&qid=1540253494&sr=8-3&keywords=stretch+out+strap+with+exercise+booklet

NONE of the links on this list are "affiliate links". This guide is simply a suggested list. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment.