

FITNESSbody

His & Hers Exercises

Ghrai and Renaldo were among the first dancers to receive scholarships from the Dizzy Feet Foundation!

MOVES THAT HAVE BEEN MODIFIED TO MEET GENDER-SPECIFIC NEEDS

Consultants: Leigh Heflin and Megan Richardson

By Colleen Bohan

Want to work muscles all over your body? Try an airplane with a single-leg squat. This exercise will help both guys and girls improve balance while toning outer thigh, hip, arm and chest muscles. Slight modifications will yield gender-specific benefits. If you're a girl, use hand weights to strengthen your port de bras and to build up muscle endurance. If you're a guy, use a weighted medicine ball to mimic how you'll be moving when you're lifting a partner. **DS**



1 Stand in parallel retiré with your arms in first position.

Medicine ball provided by OPTP



1 Start standing in parallel retiré. Place your arms in first position while holding light hand weights (2 to 5 lbs.).



2 Plié and extend your lifted leg into a parallel arabesque while reaching your arms to the floor. Pick up a weighted medicine ball (2 to 5 lbs.)



2 Plié and extend your lifted leg into a parallel arabesque while opening your arms to the sides.



3 Stay in plié as you pull your back leg into parallel retiré and bring the ball close to your chest.

On Renaldo: Body Wrappers/Angelo Luxio top and Sansha pants



4 Lift the ball overhead while straightening your standing leg. Repeat on the other side. Aim to do the exercise a total of five times on each side.



On Ghrai: Body Wrappers/Angelo Luxio bra top and shorts

4 Reach your arms overhead while straightening your standing leg. Repeat on the other side. Aim to do the exercise five times on each side.



3 Stay in plié as you bring your arms back through first position and pull your back leg into parallel retiré.

CLOCKWISE FROM LEFT: ANAYIA SARGAL; JAYME THORNTON; ERIN BAUM; JAYME THORNTON

PHOTOGRAPHY BY JAYME THORNTON; HAIR AND MAKEUP BY TONYA NOLAN FOR MARK EDWARD, INC.; MODELS: GHRAI DEVORE AND RENALDO GARDNER

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Ghrai DeVore and Renaldo Gardner are both dancers with Ailey II.

Go to Dancespirit.com and click on "Videos" to see Ghrai and Renaldo demonstrate these moves.

LOG ON!
Check out these videos at dancespirit.com/videos.

VIVIAN NIXON
Watch this Broadway superstar at her NYC cover shoot.

MAKING THE GRADE
Go behind the scenes at this

turn to p. 32 to find your perfect audition outfit.

BOYS VS. GIRLS
Fitness is fun for everyone! Watch Ailey II dancers Ghrai DeVore and Renaldo Gardner demonstrate upper-body moves that are modified for guys and girls.

When you're done watching these videos, upload your own to enter the Dance Spirit Cover Model Search, Future Star and Video of the Month contests.