**Your Body: Aerobic Edge**

1. What does James Harren of the Houston Ballet try to do in conditioning his dancers?
2. What does Felicia McBride do to condition herself for dance?
3. What does Bronner find that aerobic training does for dancers?
4. What is one caution regarding aerobic training?
5. According to “Your Body: Aerobic Edge,” what kind of aerobic exercise should a dancer incorporate into their physical fitness routine?

**DO’s and DON’Ts**

1. What is key to being a fully versatile dancer?
2. What can improper weight training cause?
3. What should you include in your regular warm-ups? Describe the technique that should be used.
4. What are the benefits of having long muscles?
5. What can you do to gain long triceps?
6. What increases tone without adding bulk?
7. What does Charles Maple suggest as one of the safest and most effective way to strengthen and lengthen the upper body?
8. What mistake can dancers make in trying to strengthen their upper bodies?
9. What is one caution when working at the barre?
10. What is one key to that young dancers must realize about gaining power in their movement?

**Your Body: Stretching**

1. What can painful, forced stretches do to your body?
2. What stretch does Liz Henry recommend to increase turnout?
3. What does pointing the foot require?
4. What does Liz Henry suggest to release stiffness in the front of the ankle?
5. What can “super-split” stretches cause?
6. What does Julie O’Connell suggest for increasing flexibility?
7. How long should you hold a stretch?
8. What should you do before you stretch?
9. What will not stretch muscles?

**Your Body: The leg muscles in tandem**

1. How many muscles make up the quadriceps and where are they located?
2. What is the primary action of the quads?
3. How many muscles make up the hamstrings and where are they located?
4. Why are the hamstrings more vulnerable to injury?
5. What should the correct strength ratio be between the quads and hamstrings?
6. What advice does Bender give to strengthen the hamstrings?
7. What is the most common injury to the quadriceps?
8. What can be used to rehabilitate a hamstring injury?
9. What is the most common mistake dancers make in regards to the hamstring muscle?