

Balocity

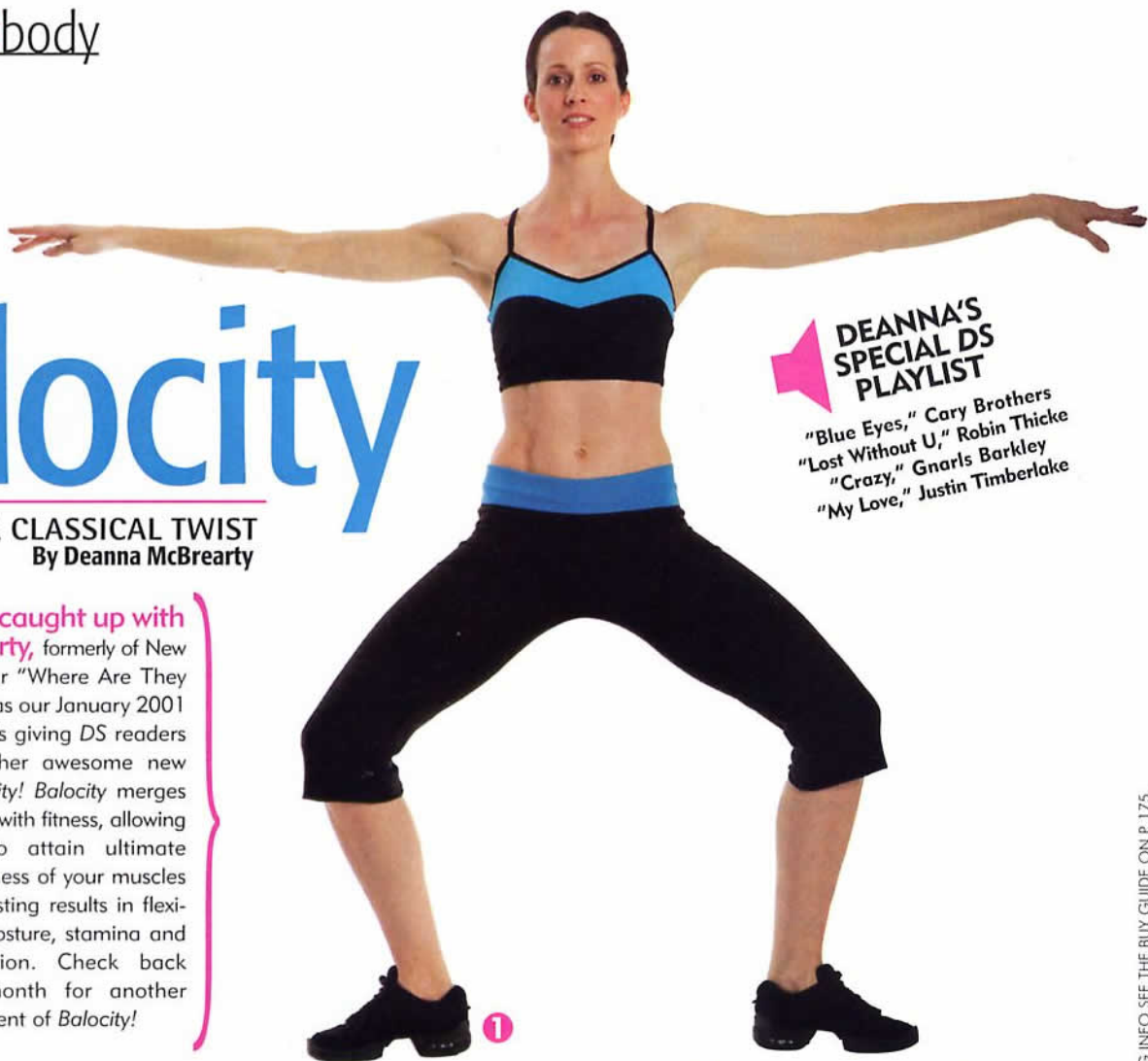
CARDIO WITH A CLASSICAL TWIST
By Deanna McBrearty

Last month, you caught up with Deanna McBrearty, formerly of New York City Ballet, in our "Where Are They Now?" feature (she was our January 2001 cover girl!). Now she's giving DS readers a sneak peak into her awesome new workout DVD, *Balocity!* *Balocity* merges dance with fitness, allowing you to attain ultimate awareness of your muscles with lasting results in flexibility, posture, stamina and motivation. Check back next month for another installment of *Balocity!*



DEANNA'S SPECIAL DS PLAYLIST

"Blue Eyes," Cary Brothers
"Lost Without U," Robin Thicke
"Crazy," Gnarls Barkley
"My Love," Justin Timberlake



Swing and Reach

- 1 Bend the knees in second-position plié, aligning knees over toes.
- 2 Swing your body to the left. Reach into a second arabesque plié, back foot in tendu, right arm reaching forward. Repeat other side. Move through second-position plié each time.
- 3 For a more advanced version, lift the back leg into a 90-degree arabesque as the body swings right to left.



For more: balocity.com

Balancé

- 4 Prance to the left and to the right in a step ball change. The arms sway overhead. Repeat 16 times.
- 5 Bring the feet together in parallel, knees bent. Fingers touch with the elbows out to the side.
- 6 Relevé and plié eight times, keeping legs in parallel, to work the calves. Arms push down as legs straighten. Alternate between sets of prances and relevés, repeating entire series three times.
- 7 Step right, placing left leg diagonally behind the right in a plié lunge. The left arm reaches over the left ear and the right hand lands on right hip. Look over the right elbow.
- 8 Repeat on the other side, moving through the second-position plié.

Inner thigh

- 9 Do a second-position plié, aligning knees over toes. Arms extend out to the sides, palms facing up.
- 10 Shift weight to the left leg. Right leg lifts across the body to the front. Knee is bent in turned-out attitude; chest stays lifted. Repeat with left leg. Arms are reaching in a diagonal.
- 11 After 16 reps with the legs lifting in front attitude, repeat the leg lifts right and left in back attitude. Move through the plié each time.

