

# Angélique Keller

Zürich, CH

Discussing the development of a pre-season (pre-performance) preparation workout for professional ballet dancers

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In the professional dance world, the idea of a progressive come-back after the long summer holiday to avoid injuries is of high priority. The presenter suggests an approach copying periodization ideas from the sports world by introducing a structured 8-week pre-season conditioning program designed and tailored especially to the needs of the company<sup>1</sup>. Most supplemental training of professional dancers is often unstructured and takes place outside of the studio. An implementation of such a program designed and delivered by a conditioning expert inside the studio may close the existing gap between off-season and the performance phase as far as the physical fitness of dancers is concerned<sup>2-4</sup>. The 8-week conditioning program presented will give ideas for aerobic and anaerobic conditioning, strength training, stability and proprioception training for the lower

limbs, jump training showing a variety of fitness training inside a ballet studio. The presenter will discuss barriers and successes encountered during this process. Thoughts with regards to overtraining and exercise addiction in dance will be added 5-7.

## SOURCES:

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Angélique Keller, founder of fit4performingarts Angélique Keller, rehabilitation and prevention for dancers. She holds a degree in Sports Sciences (MSc.), in Dance Science (MAS), in sports therapy (CAS) and in dance (Trinity Laban Conservatoire of Music & Dance, PDDS). Since 2010, she has set up prevention and rehabilitation programs for injured athletes and dancers (Ballett Zürich & Schulthess Klinik Zürich – a Swiss Olympic Center).

#### CONTACT:

Frau MSc. Sports Sciences, MAS  
 Dance Science Angélique Keller  
 MSc. Sports Science, sports therapist, fit4performingarts Angélique Keller  
 8032 Zürich  
 angkeller@bluewin.ch  
 www.fit4performingarts.ch

#### SHORT BIOGRAPHY: