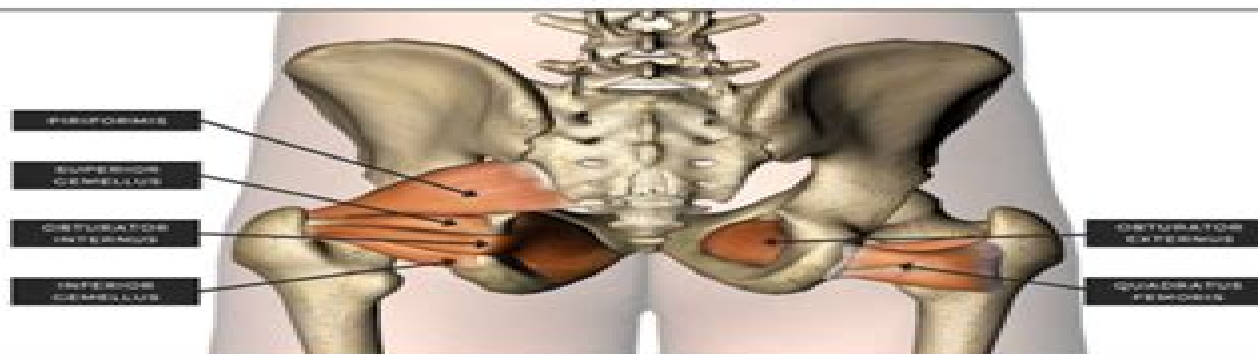


# The *Turnout* Muscles

VISUALISING WHERE THE SIX DEEP EXTERNAL ROTATORS ARE AND HOW THEY CONTRIBUTE TO EXTERNAL ROTATION IN DIFFERENT POSITIONS CAN DRAMATICALLY HELP IMPROVE CONTROL OF TURNOUT IN CLASS.



## PIRIFORMIS

- Piriformis is the most well-known of all of the turnout muscles.
- It attaches to the front of the sacrum and may become chronically tight if attempting to stabilise an unstable Sacro-Spinal Joint.
- It works best in a slight forward lean or fondu.
- **Exercise:** Turnout in Retiré with Band.

## OBTURATOR INTERNUS AND EXTERNUS

- These muscles are very important for turnout control en fait.
- They attach from the femur to either side of the Obturator Membrane in the pelvis.
- Chronic tension in the Obturators can block both internal and external rotation range.
- They are often very tight in high-level classical dancers and teachers who are aware of using their turnout.
- **Exercise:** Retiré in Side Lying.

## QUADRATUS FEMORIS

- QF is a square-shaped muscle that sits quite low.
- It attaches from the back of the hip to just above the sitting bones.
- Ideally, it should be trained for endurance to help maintain rotation of the supporting leg.
- **Exercise:** Running Man in Side Lying.

## SUPERIOR GEMELLUS AND INFERIOR GEMELLUS

- Gemelli (Latin) means 'Twin' in English.
- This pair of muscles helps turn out the thigh when the hip is flexed.
- This makes it perfect for supporting the leg in a retiré and will also help turn out the supporting leg in a penché.
- It is very hard to distinguish each individual muscle in most exercises.
- **Exercise:** Turnout Endurance in 4 Point.

# Hip To Bead Hip To Series

**Karin Nielsen-Saines**



**Hip To Bead Hip To Series:**

## Whispering the Secrets of Language: An Mental Quest through **Hip To Bead Hip To Series**

In a digitally-driven world wherever monitors reign great and quick communication drowns out the subtleties of language, the profound techniques and psychological subtleties hidden within phrases usually go unheard. Yet, set within the pages of **Hip To Bead Hip To Series** a fascinating fictional treasure pulsing with fresh emotions, lies a fantastic journey waiting to be undertaken. Published by a talented wordsmith, this marvelous opus invites visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles fabric of each word. Within the emotional depths with this moving review, we can embark upon a genuine exploration of the book is core styles, dissect its fascinating writing type, and succumb to the powerful resonance it evokes strong within the recesses of readers hearts.

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