

Progressive Ballet Technique (PBT)





PBT - What is it?

PBT is an innovative program developed by Marie Walton-Mahon for students to understand their muscle memory and improve their strength and technique.

Each exercise has been developed with care and guidance with a team of physiotherapist.

It increases the students awareness of their posture, alignment and weight placement and results in an improved, safe dance technique.



What equipment do I need to buy?

**The follow pages will explain the different balls and
bands that are required.**

You can look on Amazon for all these products.

**Alternative sites include; Argos, Yoga Matters, Physique,
and Dancewear Central.**

Exercise Ball

Exercise Ball

Also know as a 'Swiss Ball' or 'Fit Ball'

Using your height to size up your ball

When you stand next to an exercise ball, it should be even or slightly above your knee level. The best way to size up your ball is by sitting on it. When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.



Height	Recommended Ball
Under 4'8" / 142cm	45cm ball
4'8" to 5'3" / 142-160cm	55cm ball
5'4" to 5'10" / 160-178cm	65cm ball

Fusion & Lacrosse Ball



Fusion ball

Known as a Soft Stability Ball or Pilates Soft Ball.
A Soft Toy Ball can be used and found in many toy shops.

Size: Between 20 to 23cm in diameter.

Or closest to 54cm (22") in circumference
(measurement around the ball)



Lacrosse Ball

Also known as a Hand Ball, racquetball or Pinky Ball

Closest to the size of 8" or 20.5cm in circumference
(measurement around the ball)
or 6.3cm / 2.5" in diameter

Note: A Tennis Ball is not recommended.
If above balls are not available, next best option is a
pet fetch ball.

Mini Loop & Resistance Band



Mini Loop Band

Also known as Resistance Loop Band

Medium strength up to Advanced.
Advanced students use Heavy strength.

Generally available at exercise / sport / gym shops
Or suppliers of Pilates equipment.



Resistance Band

Also known as a TheraBand

9 feet / 2.7m in length & 6" / 15cm wide
Medium strength

Note: the colour of the strength changes depending on the
supplier.



Questions?

Please send a message to the Facebook page or email info@jordanayersdance.com, alternatively ask Shannen or Jordan at the Dance Studio