

Power moves

FIT X FASHION

Dancers use strength and agility to make midair splits and elaborate lifts look effortless. Take it from these pros, who've mastered everything from ballet to break dancing, then try our flexibility workout to feel long and limber. BY ELYSE ROTH



JUMP SHOT

"We blended together so well," says Alleyli contemporary dancer Jacoby Pruitt (below) of his fellow performers on-set. "Everyone had unique skills and was open and willing to take risks."

CLOTHING
Dancers' own

PHOTOGRAPHED BY BLAIR GETZ MEZIBOV

STYLED BY GRO CURTIS

FOOTLOOSE

"It can be hard on the body to hold positions or repeat motions like we do in rehearsals, so I'm always rolling out my muscles and stretching," says ballet dancer Kevin Tate (opposite).

OPPOSITE: **NEO** BODYSLUIT Express, \$39. **DRESS** (worn opposite) Tory Burch, \$495

The workout

Choreographer and personal trainer Isaac Calpito—who staged the dancers' beautiful poses for this shoot—shares his ultimate stretch routine. Try these moves after cardio three to five times a week to improve your flexibility and range of motion.

HIP OPENER Lie faceup with legs pressed against a wall from glutes to heels. Keep feet flexed as you slowly open legs along wall until you feel a stretch. Hold 60 seconds, then bring legs together for 1 rep. Do 4 reps.

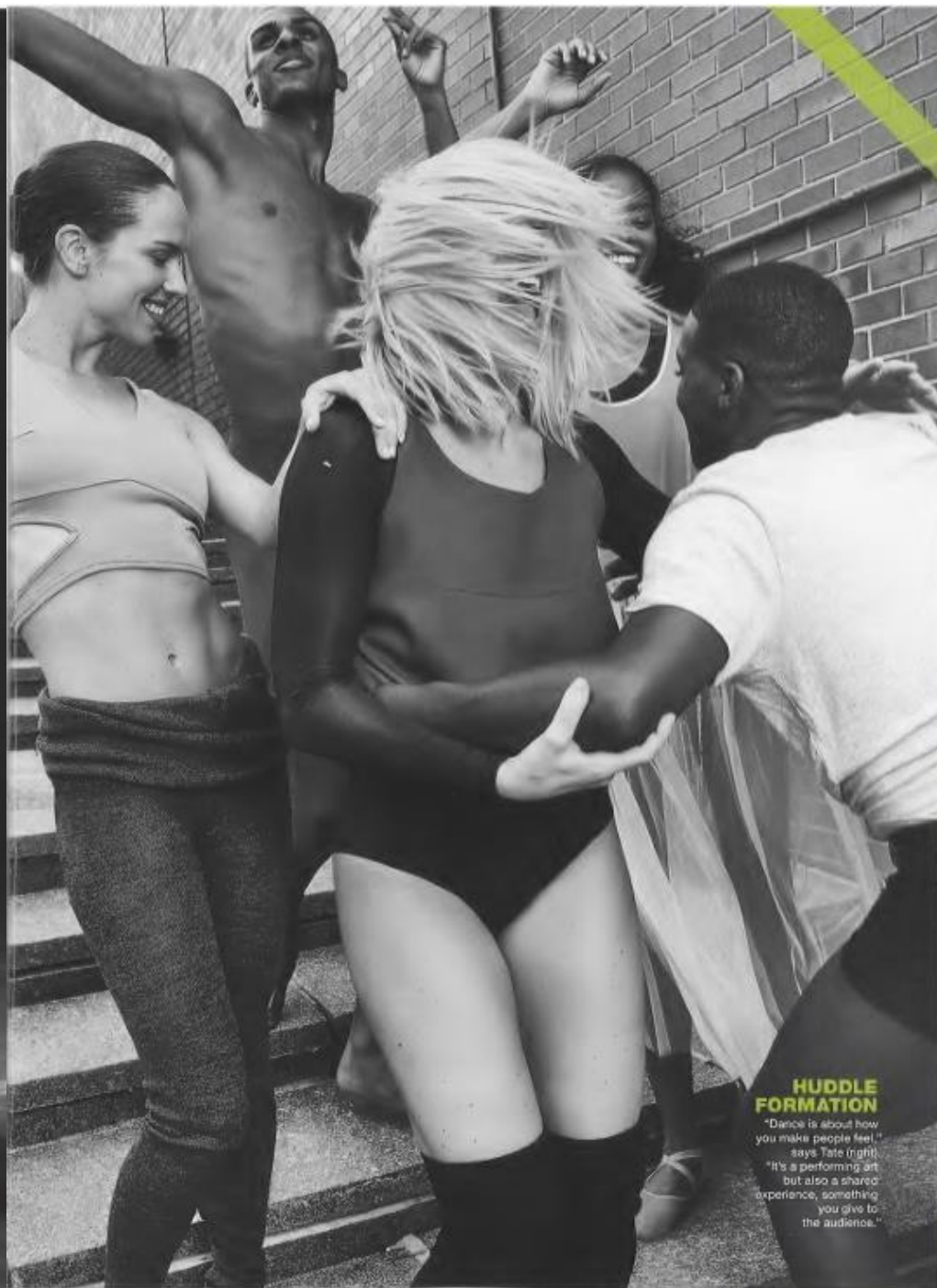
DEEP LUNGE Start on all fours. With left knee directly under left hip, step right foot forward, right knee bent 90 degrees. Hold 30 seconds, keeping chest up. Switch sides; repeat for 1 rep. Do 4 reps. (For a deeper stretch, grasp back foot and slowly pull it toward glute.)

LOWER-BODY HUG Stand with feet just wider than hip-width apart, toes forward.

Reach arms to ceiling, then bend at hips, folding over as far as you comfortably can, bringing chest to thighs. Hold backs of ankles and straighten spine, letting neck and head drop toward floor and shifting weight to toes. Hold 30 seconds, then slowly return to start for 1 rep. Do 4 reps.

THREAD THE NEEDLE Start on all fours. With core engaged, reach right hand under left arm until right shoulder is against ground, arm straight. Hold 30 seconds, reaching as far as you can. Slowly return to start. Switch sides; repeat for 1 rep. Do 4 reps.

HEEL DROP Stand with feet hip-width apart, facing a step about 36 inches away. Place ball of right foot on edge of step. Gently straighten right leg so right heel drops to floor. Hold 30 seconds. Switch sides; repeat for 1 rep. Do 4 reps.



HUDDLE FORMATION

"Dance is about how you make people feel," says Tate (right). "It's a performing art but also a shared experience, something you give to the audience."



CUT TO MOVE

"When you love what you're wearing, it makes you want to do exciting things," says Pruitt. "If I feel great, I'm going to dance great."

TOP Etienne Deroeux, \$278 **OPPOSITE, TOP FROM LEFT** **BODYSUIT** Zara, \$20 **SKIRT** Saly LaPointe, \$1,050 **TOP** Boys and Arrows, \$136 (sold with bralette) **DRESS** RED Valentino, \$1,995

Hair: Kenshin Asano at L'Atelier NYC; makeup, Suzy Gerstein for YSL; Touche Eclat; manicure, Kyo Okada for Dior; Nervis, prop styling; Lou Ansaro at 11th Street Workshop; production, Photobomb Production; choreographer, Isaac Calpito. See Get-It Guide.



Pruitt and Winfree



From left: Boodoo, Pruitt, and Winfree

The dancers

NARDIA BOODOO, 24, decided she wanted to dance ballet professionally at age 14—so she'd wake up at 5 a.m. to train before school. "It's so hard to make it. You have to fight for your place," she says.

ADRIENNE CANTERNA, 33, was a ballerina before starting the mixed-genre group Bad Boys of Ballet. "Combining styles is exciting. Everyone gets to show off different talents," she says.

KYLE LUCIA, 23, strength trains daily for the flips and break dancing he performs on tour with Bad Boys of Ballet. "I have to be a dance warrior!" he says. "Getting through a show is like a marathon."

JACOBY PRUITT, 21, took dance in middle school to get out of PE, and it stuck. Then in college, when he saw Ailey II perform for the first time, "I was blown away. I wanted it to be my first job—and it was!"

KEVIN TATE, 26, started as a ballet dancer but mastered many different styles to perform with groups like Bad Boys of Ballet. "My job has taught me perseverance and confidence," he says.

DIANA WINFREE, 27, always planned on becoming a ballerina. Her first exposure was at the Texas dance studio where her mother worked. "I started at age 2!" says Winfree, now with Ballet Hispanico in New York City.



From left: Winfree, Tate, Lucia, Choreographer Isaac Calpito, Canterna, Pruitt, and Boodoo