

Model Training

by Irina Yakushenok

www.showmustgoon.net

Yes, this class is for young girls who want to try themselves at modeling and must learn the essential skills. But it is also for women of all ages and occupations who would like to develop a cooler, calmer and more confident look. It will help you look your best at work, during public appearances, and throughout your daily life. After all, you are beautiful.

1. Jazz warm-up elements (20-25 min).

Selection of exercises described at

<https://www.thoughtco.com/complete-jazz-warm-up-routine-1007282>

- **Isolation routine.** Isolations warm up specific body parts as well as improve coordination.
- **Stretch routine.** Stretch exercises are for greater flexibility.

2. Catwalk training (35-40 min):

- Body and face control while walking
- Standing postures
- Stops and turns
- Various types of walk (classical, sporty, extravagant)
- Moves involving garments