



RESTORATIVE BARRE

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Special Thanks to:

Tori , Madison and Cate for modeling

Cresskill Performing Arts and Evolution Pilates for Studio Space

Equipment – Inflatable 11-14 inch ball

Video Clip – Hip Stabilizer Wall



Starting Position – Standing sideways to a wall with the ball against the hip closest to the wall, outside arm down by your side, wall hand can be on the ball or wall as is comfortable. Pelvis and spine are neutral and legs are straight but not locked.

Movement Breakdown

1. Maintain the posture of the body and shift the pelvis down on the ball side.
2. Pass through center and lift the ball side of the pelvis up
3. Continue to pass through center, shifting the pelvis up and down.



Goals

Strengthen the supporting muscles around the hips
 Correcting sitting in the hip
 Balance
 Foot and ankle stabilization
 Hip flexor endurance

Increasing the Challenge

- ❖ Maintain a level pelvis and plié and straighten the supporting leg.
- ❖ Maintain a level pelvis and relevé and lower the supporting leg.
- ❖ Take both arms to first position or overhead.
- ❖ Increase the repetitions.

Decreasing the Challenge

- Hold onto a barre or supportive object with the non wall arm.
- Omit the rolling movement and just hold the pelvis neutral.
- Decrease the number of repetitions.

Teaching Notes

- ✓ Maintain a neutral spine throughout the exercise.
- ✓ Watch that the hip shift is created from the pelvis and not the knee or leg
- ✓ Only work in the range of movement where the movement is smooth.
- ✓ Keep the abdominal muscles engaged throughout.

Plié



Relevé



Workout Plan 5

Equipment – ballet barre, 11-14 inch inflated ball, mat, resistance band

Cross Crawl Standing

8 sets opposite arm and leg front

8 sets same arm and leg back

Repeat on 4's and 2's

Rocking Turned Out 2nd Position (2 Hands on barre, facing barre)

12 sets

Hip Stabilizer - Standing

12 repetitions on each side of hip shifting

Pelvic Clock – Seated

4 sets each of 12 o'clock to 6 o'clock and 3 o'clock to 9 o'clock

4 sets each of 3 o'clock to 6 o'clock and 9 o'clock to 6 o'clock

4 sets each of clockwise circles and counter clockwise circles

Spinal Stabilizer - Quadraped

8 sets - reach right arm, return, reach left arm, return, extend right leg, return, extend left leg, return

Flat Back - Barre

8 x four counts to flat back and 4 counts to recover

Hold the last flat back to the barre and plié for 4 counts and straighten for 4 counts complete 8x before standing back up.

Kneeling Stabilization With Arm Work

12 x bicep curls

12 x tricep extension

12 x abduction

Lateral Reaches - Seated

4 sets – 4 counts to lateral, 4 counts to recover, alternating sides

4 sets with arms overhead throughout

Battement Front Against Wall With Ball Support

8 x parallel on each leg

8 x turned out on each leg

Battement Side Against Wall

8 x parallel on each leg

8x turned out on each leg

Battement Back – Prone

8 x parallel on each leg

8 x turned out on each leg

Kneeling Plank to Hands With Ball Support

10 x holding each plank for 6 seconds before releasing

Hip Flexor Opener

10 repetitions with the ball under gesture leg, keep the ball in place and do 10 repetitions with the opposite leg, switch the ball to the 2nd side and repeat.

Workout Plan 5 Continued

Spinal Articulation With Ball

10 sets of flexion to extension oblique crunches

10 sets of side bends

Dynamic Balance – Hip Flexion

30 seconds parallel with free leg lifting and lowering from coupé to retire (both without really touching)

Repeat with both legs turned out