

Ultimate Workout Barre None – Level 1

Strong, Supple and Streamlined

A progressive system of 24 workouts

Manual with detailed written and photographic details in pdf format

24 audio workouts that match the written workouts

Video clips of each exercise component

Coming soon –

Level 2 – Absolute Barre Conditioning

Another series of 24 workouts that continue to build on the foundation created in Level 1

Level 3 – Raising the Barre

Continuing to up the challenge through another 24 workouts

Workout Plan 12

Equipment – ballet barre, yoga brick, 2 hand weights, mat

Warm Up 3 – (115-120 BPM)

12 squats – 4 counts down and 4 counts up

12 squats – 6 counts down and 2 counts up

Relevé 3– (120 – 125 BPM)

8 relevé 1st position – 4 counts up and 4 counts down, transition to parallel 2nd on the last count

8 relevé parallel 2nd position – 4 counts up and 4 counts down, transition to parallel 4th on the last count

8 relevé parallel 4th position – 4 counts up and 4 counts down, transition to the 2nd side on the last count

8 relevé parallel 4th position – 4 counts up and 4 counts down, transition to wide 2nd on the last count

8 relevé wide 2nd position – 4 counts up and 4 counts down, transition to parallel 4th on the last count

Plié 3 – (120 – 125 BPM)

8 plié in 1st position – 4 counts down and 4 counts up, transition to parallel 2nd on the last count

8 plié in parallel 2nd position – 4 counts down and 4 counts up, transition to parallel 4th on the last count

8 plié in parallel 4th position – 4 counts down and 4 counts up, transition to parallel 4th on the last count

8 plié in parallel 4th position – 4 counts down and 4 counts up, transition to wide 2nd on the last count

8 plié in wide 2nd position – 4 counts down and 4 counts up, transition to 1st position on the last count

Forced Arch 3 – (120 – 125 BPM)

8x in 1st position – 2 counts for each movement

8x reverse forced arch in 1st position – 2 counts for each movement, open to parallel 2nd on last 2 cts

8x in parallel 2nd position – 2 counts for each movement

8x reverse forced arch in parallel 2nd position – 2 cts each movement, step to parallel 4th R on last 2 cts

8x in parallel 4th position – 2 counts for each movement

8x reverse forced arch in parallel 4th position – 2 cts each movement, step to parallel 4th L on last 2 cts

8x in parallel 4th position – 2 counts for each movement

8x reverse forced arch in parallel 4th position – 2 cts for each movement, step to wide 2nd on last 2 cts

8x in wide 2nd position – 2 counts for each movement

8x reverse forced arch in wide 2nd position – 2 cts for each movement,

Flat Back Series 3 – (120-125 BPM)

8x transition from flat back to round back and return to flat back -4 counts per movement

8x plié in flat back – 4 counts down and 4 counts up

8x forced arch in flat back – 2 counts for each movement

8x reverse forced arch in flat back – 2 counts for each movement

Standing Leg Series 3 – (125 – 130 BPM)

16x hip shift – 2 counts down and 2 counts up

16x side leg lifts – 2 counts up and 2 counts down

16x leg pulses – 1 count up and release

16x leg circles – 4 counts per circle

16x leg circles in the opposite direction – 4 counts per circle

Repeat on the 2nd side

Back Attitude Series 3 – (125 – 130 BPM)

8x parallel back attitude – 4 counts up and 4 counts down

16x parallel back attitude pulses – 1 count

Repeat on the 2nd side

Repeat turned out on both sides

Workout Plan 12 Continued

Barre Stretch Series 3 – (90-95 BPM)

2x stretch towards the barre leg, rotate towards the ceiling, return to the side stretch, recover – 8 counts each movement

2x stretch towards the barre leg, plié the standing leg, stretch the standing leg, recover – 8 counts each movement

2x Stretch away from the barre leg, rotate towards the floor, return to the side stretch, recover – 8 counts each movement

2x stretch away from the barre leg, plié the standing leg, stretch the standing leg, recover – 8 counts each movement

Repeat on the 2nd side

Ab Curls 3 – (120 -125 BPM)

8 endurance curls – 8 cts back, 4 cts extend arm, 4 cts return to barre, 8 cts repeat with 2nd arm, 8 cts roll up

Bicep Curl 3 – (130 – 135 BPM)

4x low bicep curl, full range in front of body – 4 counts up and 4 counts down

8x low bicep curl pulses in front of the body – 1 count up and 1 count down

Repeat

8x bicep curl pulses in front of the body transitioning from low to high – 1 count up, 1 count down

Repeat the same combination in the high position, transition from high to low side

Repeat the full series with arms at 45 degrees to the side, low and high positions

Shoulder Series 3 – (125 – 130 BPM)

8 x shoulder box – 2 counts per movement

8x full shoulder flexion – 4 counts up and 4 counts down

16x high flexion pulses – 1 count each way

8x elbows side – 4 counts open, 4 counts close

Tricep Extension 3 – (120 – 125 BPM)

16x tricep extension high, full range – palm facing body 2 counts straight and 2 counts bent

16x shoulder extension high pulse – palm facing body 1 counts up and 1 counts down

Repeat both with the palm facing down

Repeat on the 2nd side

Mat Series 3 – (125 -130 BPM)

16x circles on ceiling alternating direction each circle – 4 counts per circle

8x low bridges – 4 counts to lift, 4 counts to lower

8x high bridges – 8 counts to lift, 8 counts to lower

Figure 4 stretch – hold for 30 seconds on each side

4 sets kneeling on yoga brick and tuck under, release, lunge forward and return – 4 counts per movement

Repeat the kneeling tuck under and lunge on the 2nd side

Back Extension 3 – (120 – 125 BPM)

8 super strengtheners – 8 counts up, 4 counts to 1 side, 4 return, repeat to the other side, 8 counts down

Hamstring stretch holding for 1 minute on each leg, optional use of the yoga brick under the ankle

Side Bend 2 – (120 – 125 BPM)

4 side bends to the right, 8 counts over and 8 counts to return

Repeat left

4 side bends with hip shift to the right, 4 cts over, 4 cts shift hips, 4 cts return hips, 4 cts recover

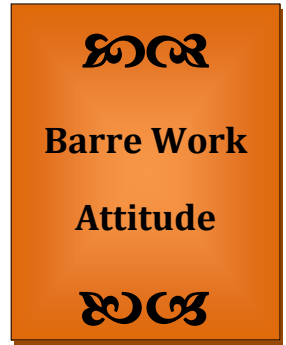
Repeat left

Equipment – Ballet barre, yoga brick

Video Clip -Back Attitude

Location – Facing ballet barre, one foot standing on the yoga brick

Starting Position – Standing with one foot on the yoga brick, the gesture leg bent with the knee in a low attitude position, pelvis level, spine in a neutral alignment and holding the ballet barre with both hands.



Parallel Back Attitude

1. Maintain the parallel alignment of the gesture leg and angle of the knee bend as the leg lifts as high as possible without changing the pelvis or spine. The supporting leg is also in parallel alignment.
2. Return back to the starting position.

Parallel Back Attitude



Starting position



Lifted position



Ending position

Turned Out Back Attitude

1. Maintain the turned out alignment of the gesture leg and the angle of the knee bend as the leg lifts as high as possible without changing the pelvis or spine. The supporting leg is turned out approximately 45 degrees.
2. Return the leg to the starting position.

Turned Out Back Attitude



Starting position



Lifted position



Ending position

Goals – Balance, strengthening of the hip extensors, endurance of the abdominal and back muscles to counter the movement of the leg and stabilize the pelvis, lengthening of the hip flexors to allow the movement and strengthening of the muscles of the supporting leg. In the turned out position the external rotator muscles of the hip are also working.

Teaching Notes

- ✓ The knee angle of the gesture leg remains consistent throughout the movement.
- ✓ The movement happens at the top of the thigh in the hip socket.
- ✓ The range of motion for this movement is limited by the ability to maintain the position of the pelvis and torso.
- ✓ Keep the movements smooth and controlled.
- ✓ It is important to maintain parallel alignment in both legs during the movement for the parallel version of the exercise.
- ✓ Both legs need to be laterally rotated in the turned out version of the exercise.
- ✓ To maintain a neutral alignment, some people may have the sensation of tucking the bottom under. If cueing a slight tuck results in neutral alignment using that cue is helpful. If you see people going past neutral alignment into a tucked under position, try different cueing to get the desired result.
- ✓ In the parallel alignment, cueing the movement from the back of the thigh often helps to maintain the leg position.
- ✓ When working in the turned out position, cueing the movement by lifting the knee will help to maintain the turn out and the angle of the knee.