

Barre Fix 11 - Light Weights

Warm Up	Select from workout library			
Rises	Set-up:	<i>1 hand on barre, feet in first, weight in outside hand</i>		
		Variation 1 Rises in first with side arm raise	Variation 2 Pulses on rise, pulses with arm	Variation 3 Hold rise, arm rotations
	Set-up:	<i>1 hand on barre, feet closed parallel, weight in outside hand</i>		
		Variation 1 Rises with bicep curl	Variation 2 Pulses on rise, pulses with arm	Variation 3 Hold rise with single arm overhead press
Piles, Squats & Lunges	Set-up:	<i>1 hand on barre, feet wide parallel, weight in outside hand</i>		
		Variation 1 Squat with front arm raise	Variation 2 Hold squat single arm wide row	Variation 3 Squat pulses
	Set-up:	<i>1 hand on barre, 1st position on rise, weight in outside hand</i>		
		Variation 1 Piles in first with side arm raise	Variation 2 Plie pulses	Variation 3 Butterfly legs
Set-up:	<i>1 hand on barre, lunge position, weight in outside hand</i>			
		Variation 1 Lunges with single arm closed row	Variation 2 Lunge pulses	Variation 3 Heel lifts
Cardio	Set-up:	<i>Feet wide 2nd position, weights in each hand,</i>		
		Variation 1 Pile to curtsey, arms 2nd to 1st position	Variation 2 Pulses in pile - arms second	Variation 3 Piles in 2nd - Arms 2nd to 5th position
	Set-up:	<i>1 hand on barre, feet in 4th position, weight in outside hand</i>		
		Variation 1 4th Pile to arabesque - weight arm 1st to arabesque	Variation 2 Hold Arabesque leg and arm pulses	Variation 3 Arabesque arm rotations
Set-up:	<i>1 hand on barre, feet in 2nd position, weight in outside hand</i>			
		Variation 1 Plie in 2nd to rise in 1st position - arms 2nd to 5	Variation 2 Pile in 2nd walk the feet - arm in second	Variation 3 Pile to side leg kick - Arm 2nd to 5th

ARMS	Set-up:	<i>1 hand on barre, Legs wide parallel, legs bent, torso forward, upward diagonal arm, weight in outside hand</i>		
	Variation 1	Pulse upward pushes	Variation 2	Side arm pushes
	Variation 3	Push high, side, low		
	Set-up:	<i>1 hand on barre, feet wide parallel, weight in outside hand</i>		
	Variation 1	Low tricep extensions	Variation 2	Low tricep pulses
Variation 3	Heals on off with low tricep pulse			
Set-up:	<i>Weights in each hand, arms extended to the side</i>			
Variation 1	Side arm circles	Variation 2	Side arm rotations	
Variation 3	1st position vibrations			
Set-up:	<i>Weights in each hand, arms extended above head</i>			
Variation 1	Tricep extensions	Variation 2	Tricep extension pulses	
Variation 3	Alternating tricep extensions			
Set-up:	<i>Weights in each hand, shoulder press prep position</i>			
Variation 1	Shoulder press	Variation 2	Open closes	
Variation 3	Drive the car			
Standing Glutes	Set-up:	<i>2 hands on Barre, Weight tucked behind knee</i>		
	Variation 1	Back Donkey Pulses	Variation 2	Back Donkey Kicks
Variation 3	Supporting Leg Heels on and off			
Set-up:	<i>1 hand on Barre, leg lifted to side, weight in outside hand</i>			
Variation 1	Working leg and arm - Push in and outs	Variation 2	Working leg and arm - Forwards and back	
Variation 3	Working arm and leg - Side Pulses			

Floor	Set-up:	<i>On tummy, weight in each hand, arms wide</i>		
	Variation 1	Back extension with arm pulse	Variation 2	Hold back extension, overhead raise with arms
			Variation 3	Alternate back extension, with side tricep extension
Floor	Set-up:	<i>All fours, weight tucked in behind knee</i>		
	Variation 1	Side donkey kicks	Variation 2	Donkey kick pulses
			Variation 3	Knee to side and return
Floor	Set-up:	<i>Lay on back, legs bent, hip bridge position, weights held over hips</i>		
	Variation 1	Hip Bridges	Variation 2	Heel lifts
			Variation 3	Hold Bridge
Floor	Set-up:	<i>Laying on back, legs bent, Weight in each hand</i>		
	Variation 1	Sit up with arms extended out in front	Variation 2	Hold boat pose, Arm switches
			Variation 3	Hold boat pose - Small arm circles in 1st
Cool Down				