

# Barre Fix 7 - Combo

Warm Up	Select from workout library			
Rises	<b>Set-up:</b>	<i>1 hand on barre, feet in 1st position, on rise, ball between ankles</i>		
		<b>Variation 1</b> Rises	<b>Variation 2</b> Pulses	<b>Variation 3</b> Pulses with side lean to barre
	<b>Set-up:</b>	<i>2 hands on barre, feet parallel retire position</i>		
		<b>Variation 1</b> One leg rises	<b>Variation 2</b> One leg pulses	<b>Variation 3</b> Open close retire leg
Plies, Squats & Lunges	<b>Set-up:</b>	<i>1 hand on barre, 1st position, on rise, ball between ankles</i>		
		<b>Variation 1</b> Piles	<b>Variation 2</b> Pulses	<b>Variation 3</b> Pelvic tucks
	<b>Set-up:</b>	<i>2 hands on barre, feet wide parallel, ball between knees</i>		
		<b>Variation 1</b> Squat	<b>Variation 2</b> Squat pulses	<b>Variation 3</b> Squat heel raises
	<b>Set-up:</b>	<i>1 hand on barre, feet in fourth on rise (repeat right and left sides)</i>		
		<b>Variation 1</b> Piles in fourth	<b>Variation 2</b> Pulses	<b>Variation 3</b> Heels on and off
	<b>Set-up:</b>	<i>2 hands on barre, curtsy lunge position (Repeat right &amp; left side)</i>		
		<b>Variation 1</b> Curtsy lunge to side knee lift	<b>Variation 2</b> Curtsy lunge pulses	<b>Variation 3</b> Front heel lifts
Cardio	<b>Set-up:</b>	<i>1 hand on barre, plie in 2nd Position (Repeat right &amp; left side)</i>		
		<b>Variation 1</b> Pile to rise, arm 2nd to 5th position	<b>Variation 2</b> Pulses in 2nd position	<b>Variation 3</b> Pile to side leg kick
	<b>Set-up:</b>	<i>1 hand on Barre, curtsy position (Repeat right &amp; left side)</i>		
		<b>Variation 1</b> Curtsy to side knee lift	<b>Variation 2</b> Side knee lift pulls	<b>Variation 3</b> Front heel lifts

	<b>Set-up:</b>	<i>2 hands on the barre, 1st Position</i>		
	<b>Variation 1</b>	Sautes in 1st position	<b>Variation 2</b>	Sautes in 2nd position
			<b>Variation 3</b>	Sautes in and out 1st to 2nd Position

<b>Arms</b>	<b>Set-up:</b>	<i>Face towards centre of studio, 2 hands holding resistance bands</i>		
	<b>Variation 1</b>	One arm chest press	<b>Variation 2</b>	Double arm chest press
			<b>Variation 3</b>	Chest press pulses
	<b>Set-up:</b>	<i>Facing towards front of studio, one hand on resistance band, hand above head, bent arm</i>		
	<b>Variation 1</b>	Upward tricep pull outs	<b>Variation 2</b>	Upward tricep pull outs pulses
			<b>Variation 3</b>	Circles
<b>Set-up:</b>	<i>Facing Barre, Arms in Jazz 1st, palms towards each other</i>			
<b>Variation 1</b>	Front vibrations	<b>Variation 2</b>	High vibrations	
		<b>Variation 3</b>	Low vibrations	
<b>Set-up:</b>	<i>Facing front, 1 hand on band, (Repeat right &amp; left side)</i>			
<b>Variation 1</b>	Front pullovers with piles	<b>Variation 2</b>	Arm pulses	
		<b>Variation 3</b>	Single Arm pulls in stationary pile	
<b>Set-up:</b>	<i>Facing barre, fold at hips, upper body on diagonal, feet hip width apart, soft bend in knees</i>			
<b>Variation 1</b>	Lat pull back	<b>Variation 2</b>	Open and close arms	
		<b>Variation 3</b>	Pulses	

<b>Standing Glutes</b>	<b>Set-up:</b>	<i>1 hand on Barre, torso leaning towards barre, legs parallel, soft bend in supporting leg (Repeat right &amp; left side)</i>		
	<b>Variation 1</b>	Side leg lifts	<b>Variation 2</b>	Side leg pulses
			<b>Variation 3</b>	Bend knee towards chest and extend
<b>Set-up:</b>	<i>2 hands on Barre, leg in back attitude</i>			
<b>Variation 1</b>	Back attitude leg lifts	<b>Variation 2</b>	High attitude pulses	
		<b>Variation 3</b>	Carry knee to barre and return	

Floor

<b>Set-up:</b>	<i>Sitting up right, S mermaid position (Repeat right &amp; left side)</i>		
<b>Variation 1</b>	<b>Variation 2</b>	<b>Variation 3</b>	
Seated bent leg lifts	Bent leg pulses	Bent leg push backs	
<b>Set-up:</b>	<i>Sitting up right, S mermaid position, back leg extended to side (Repeat right &amp; left side)</i>		
<b>Variation 1</b>	<b>Variation 2</b>	<b>Variation 3</b>	
Extended side leg lifts	Push in and extend out	Extended leg circles	
<b>Set-up:</b>	<i>Laying on back, feet on floor, knees bent</i>		
<b>Variation 1</b>	<b>Variation 2</b>	<b>Variation 3</b>	
One leg hip bridges	Lower leg and lift	Stationary hold	
<b>Set-up:</b>	<i>Lay on Back, legs extended to ceiling</i>		
<b>Variation 1</b>	<b>Variation 2</b>	<b>Variation 3</b>	
Leg lowers	Flutters	Scissors	
<b>Set-up:</b>	<i>Lay on back, hands behind head</i>		
<b>Variation 1</b>	<b>Variation 2</b>	<b>Variation 3</b>	
Oblique bicycles	Side turtles	Bicycle	
<b>Set-up:</b>	<i>Sitting up, ball behind lower back</i>		
<b>Variation 1</b>	<b>Variation 2</b>	<b>Variation 3</b>	
Sit up	Boat post pulses	Boat pose arm circles	

Cool Down

