

Barre Fix 3 - Combo

Warm Up	Select from workout library			
Rises	Set-up:	<i>2 hands on barre, feet wide parallel, ball held between lower thighs</i>		
		Variation 1 Rises	Variation 2 Rise pulses	Variation 3 Hold on rise, arms to 5th position
	Set-up:	<i>One hand on Barre, Arabesque position (Repeat right & left side)</i>		
		Variation 1 Rises in arabesque	Variation 2 Pulses in arabesque	Variation 3 Hold on rise, back leg floor taps
Plies, Squats & Lunges	Set-up:	<i>One hand on barre, ballet 1st position, ball between ankles, on rise, arm 2nd position</i>		
		Variation 1 Demi plies	Variation 2 Demi plie pulses	Variation 3 Squeeze ball
	Set-up:	<i>One hand on Barre, feet in 2nd position, on rise, arm 2nd position</i>		
		Variation 1 Full plie	Variation 2 Full plie pulse	Variation 3 Full plie hold - heels on and off
	Set-up:	<i>2 hands on barre, feet wide parallel, Ball between knees</i>		
		Variation 1 Squats	Variation 2 Pulses in 90 degree squat	Variation 3 Ball squeezes in 90 degree squat
	Set-up:	<i>1 hand on barre, ball under heel of inside leg, long lunge position (Repeat right & left side)</i>		
		Variation 1 Lunge	Variation 2 Lunge pulses	Variation 3 Front heel raises in deep lunge
Cardio	Set-up:	<i>1 hand on barre, feet wide parallel (Repeat right & left side)</i>		
		Variation 1 Squat with side leg kick	Variation 2 Side leg kick pulses	Variation 3 Side leg kick circles
	Set-up:	<i>2 hands on barre, long lunge position (Repeat right & left side)</i>		
		Variation 1 Deep lunge to parallel retire	Variation 2 Pulses in lunge	Variation 3 Front heel lifts in lunge
	Set-up:	<i>1 hand on Barre, diagonal lunge, (Repeat right & left side)</i>		
		Variation 1 Diagonal lunge to front grande battement	Variation 2 Curtsy pulses	Variation 3 Curtsy to side grande battement

Arms

Set-up:	<i>Facing barre, holding long resistance band in each hand, feet in second position & demi pile</i>		
Variation 1	Variation 2	Variation 3	
Wide row	Wide row pulse	Side arm raises	
Set-up:	<i>Facing Barre, holding long resistance band in each hand, feet wide parallel, soft bend in knees</i>		
Variation 1	Variation 2	Variation 3	
Tricep pull backs	Tricep pull back pulses	Tricep clap behinds	
Set-up:	<i>Facing Barre, holding long resistance band in each hand, feet wide parallel, soft bend in knees</i>		
Variation 1	Variation 2	Variation 3	
Single arm bicep curls	Double arm bicep curls	Bicep Pulses	
Set-up:	<i>Facing Barre, chest press up position on barre.</i>		
Variation 1	Variation 2	Variation 3	
Barre press ups	Barre press up pulses	Hold in press up position	
Set-up:	<i>Face studio centre, diagonal Lunge, holding long resistance band in each hand, elbows to ceiling, hands behind head</i>		
Variation 1	Variation 2	Variation 3	
Tricep extensions	Tricep extension pulses	Single arm tricep extensions	
Set-up:	<i>Facing front of studio, feet wide parallel, soft bend in knees, outside arm holds band by shoulder, elbow lifted at shoulder level (Repeat R & L)</i>		
Variation 1	Variation 2	Variation 3	
Single arm side push	Single arm side push pulse	Arm rotations	

Standing Glutes

Set-up:	<i>2 hands on Barre, Pigeon pose, ball tucked behind knee, soft bend in supporting leg (repeat right & left sides)</i>		
Variation 1	Variation 2	Variation 3	
Standing donkey kicks	Donkey kick pulses	Ball squeezes	
Set-up:	<i>1 hand on Barre, Pigeon Pose, Ball tucked behind knee, bent supporting leg (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Side donkey kick	Side donkey kick pulses	Ball squeezes	

Floor

Set-up:	<i>1 hand on Matt, 1 knee on Matt, Hip off floor, top leg extended. (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Side leg lifts	Side leg pulses	Side leg circles	
Set-up:	<i>Lay on Back, knees bent, feet on floor, ball between knees</i>		
Variation 1	Variation 2	Variation 3	
Hip bridges	Hold hip bridge ball squeezes	Heel lifts	
Set-up:	<i>Lay flat on floor, squeeze ball behind knee, forehead rest on hands or head looking forwards (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Back leg lifts	Back leg lift pulses	Back leg lift squeezes	
Set-up:	<i>Sitting up, Ball behind lower back, knees bent, feet on floor</i>		
Variation 1	Variation 2	Variation 3	
Ball sit ups	Ball sit up pulses	Boat post hand floor taps	
Set-up:	<i>Forearm Plank Position</i>		
Variation 1	Variation 2	Variation 3	
Side hip drops	Hand plank position - Mountain climbers	Diagonal mountain climbers	
Set-up:	<i>Lay on Back, legs extended to ceiling</i>		
Variation 1	Variation 2	Variation 3	
Leg lowers	Leg flutters	Leg scissors	

Cool Down

