

# Barre Fix 6- Bands

Warm Up	Select from workout library			
Rises	<b>Set-up:</b>	<i>2 hands on barre, wide parallel, loop band around ankles</i>		
	<b>Variation 1</b>	Rises	<b>Variation 2</b>	Rise with side leg lift
	<b>Variation 3</b>	Hold in rise & pulse lift side leg		
Rises	<b>Set-up:</b>	<i>1 hand on barre, loop band around ankles</i>		
	<b>Variation 1</b>	Rises in first	<b>Variation 2</b>	Gilise outside leg to front and rise
	<b>Variation 3</b>	Hold rise, pulse front leg		
Piles, Squats & Lunges	<b>Set-up:</b>	<i>2 hands on barre, loop band above knees, 1st position demi plie on rise</i>		
	<b>Variation 1</b>	Demi plie pulses	<b>Variation 2</b>	Up and down butterfly knees
	<b>Variation 3</b>	Alternating back leg extensions in demi plie		
	<b>Set-up:</b>	<i>1 hand on barre, 4th position on rise, loop band around ankles</i>		
	<b>Variation 1</b>	Piles in 4th	<b>Variation 2</b>	Pulses
	<b>Variation 3</b>	Heals		
Piles, Squats & Lunges	<b>Set-up:</b>	<i>2 hands on barre, loop band above knees, feet wide parallel on rise</i>		
	<b>Variation 1</b>	Squat pulses	<b>Variation 2</b>	Walk the feet
	<b>Variation 3</b>	Heals & single pulse		
	<b>Set-up:</b>	<i>2 hands on barre, loop band above knees, demi plie in first on rise</i>		
	<b>Variation 1</b>	Back attitude lifts	<b>Variation 2</b>	Back attitude pulses
	<b>Variation 3</b>	Deep single leg bend alternate with attitude pu		
Cardio	<b>Set-up:</b>	<i>2 hands on barre, loop band around ankles, feet parallel</i>		
	<b>Variation 1</b>	In & out squat jumps	<b>Variation 2</b>	Squat pulses
	<b>Variation 3</b>	Squat jumps		
	<b>Set-up:</b>	<i>Facing front, loop band above knees, feet wide parallel, no hands on barre (repeat left &amp; right sides)</i>		
	<b>Variation 1</b>	Squat pulses	<b>Variation 2</b>	Squat with side leg kick
	<b>Variation 3</b>	Side leg pulses ( can put hand on barre)		
	<b>Set-up:</b>	<i>Facing Front, resistance band in one hand (repeat left &amp; right sides)</i>		
	<b>Variation 1</b>	Jumps 1st to 2nd with side band pull	<b>Variation 2</b>	Pulses is second
	<b>Variation 3</b>	2nd pile to rise in 1st with side band pulls		

ARMS	<b>Set-up:</b>	<i>Loop band around wrist, tricep press up position on barre</i>		
	<b>Variation 1</b>	Walk hands in and out	<b>Variation 2</b>	Press up
	<b>Variation 3</b>			Pulses
	<b>Set-up:</b>	<i>Loop band around wrists, arms in jazz 1st, arms Jazz 1st, palms facing each other</i>		
	<b>Variation 1</b>	Vibration pulses out	<b>Variation 2</b>	Single arm alternating side pull
<b>Variation 3</b>			Double arm side pulls	
<b>Set-up:</b>	<i>Facing barre, feet hip wide apart, long band in each hand, palms to ceiling, close V position</i>			
<b>Variation 1</b>	Arms close V to wide V	<b>Variation 2</b>	Halfway V pulses	
<b>Variation 3</b>			Single arm close V to wide V	
<b>Set-up:</b>	<i>Facing Barre, feet hip width apart, long band in each hand, arms shoulder level</i>			
<b>Variation 1</b>	Single arm rows	<b>Variation 2</b>	Double arm rows	
<b>Variation 3</b>			Double arm row pulses	
<b>Set-up:</b>	<i>Facing barre, feet hip width apart, long band in each hand, palms to ceiling, close V position</i>			
<b>Variation 1</b>	Bicep curls with shoulder press	<b>Variation 2</b>	Shoulder press pulses	
<b>Variation 3</b>			Tricep extensions	
Standing Glutes	<b>Set-up:</b>	<i>Two hands on barre, loop band around ankles, one leg extended behind, soft bend in supporting leg (repeat left &amp; right sides)</i>		
	<b>Variation 1</b>	Single back leg lifts	<b>Variation 2</b>	Single leg pulses
<b>Variation 3</b>			Single leg circles	
<b>Set-up:</b>	<i>One hand on barre, loop band around ankles, one leg extended to side, soft bend in supporting leg (repeat left &amp; right sides)</i>			
<b>Variation 1</b>	Side leg lifts	<b>Variation 2</b>	Side leg pulses	
<b>Variation 3</b>			Side leg circles	

Floor	<b>Set-up:</b>	<i>All fours, knees off floor, resistance band around wrist</i>		
	<b>Variation 1</b>	Opposite arm and knee step forward and back	<b>Variation 2</b>	Double walk forward and back
			<b>Variation 3</b>	Stationary hold
	<b>Set-up:</b>	<i>Lay on side legs bent in front at 90 degrees, loop band above knees</i>		
	<b>Variation 1</b>	Leg lifts	<b>Variation 2</b>	Clam shells
			<b>Variation 3</b>	Clam shell alternating with hip off
	<b>Set-up:</b>	<i>Facing Barre, long arms, Legs in tabletop</i>		
	<b>Variation 1</b>	Lever Crunches	<b>Variation 2</b>	Lever One Hundreds
			<b>Variation 3</b>	Crunch hold with Toe Taps or Bicycle Legs
	<b>Set-up:</b>	<i>Facing Away from Barre, long arms, Legs in tabletop</i>		
	<b>Variation 1</b>	Lever Crunches	<b>Variation 2</b>	Lever One Hundreds
			<b>Variation 3</b>	Crunch hold with Toe Taps or Bicycle Legs
Cool Down				