

# Barre Fix 12 - Combo

Warm Up	Select from workout library			
Rises	<b>Set-up:</b>	<i>1 hand on barre, ball between inner thighs, wide parallel</i>		
		<b>Variation 1</b> Rises	<b>Variation 2</b> Rise pulses	<b>Variation 3</b> Rise pulses with flat back - up and down
	<b>Set-up:</b>	<i>1 hand on barre, feet in 2nd Position.</i>		
		<b>Variation 1</b> Rises in 2nd	<b>Variation 2</b> Rise pulses	<b>Variation 3</b> Rises pulses with upper side stretch to barre
Piles, Squats & Lunges	<b>Set-up:</b>	<i>2 hands on barre, feet in 1st on rise</i>		
		<b>Variation 1</b> Pulses	<b>Variation 2</b> Lean back piles	<b>Variation 3</b> Lean back pulses
	<b>Set-up:</b>	<i>1 hand on barre, feet in 4th position on rise</i>		
		<b>Variation 1</b> Fourth pile to attitude	<b>Variation 2</b> Fourth plie pulses	<b>Variation 3</b> Heals on & off
	<b>Set-up:</b>	<i>2 hands on barre, feet in jazz 1st on rise, ball under heels</i>		
	<b>Variation 1</b> Bend, lean back, pull up	<b>Variation 2</b> Lean back pulses	<b>Variation 3</b> Lean back heel pushes	
<b>Set-up:</b>	<i>2 hands on barre, wide parallel with ball between knees, 90 degree position</i>			
	<b>Variation 1</b> 90 degrees to floor squat	<b>Variation 2</b> Pulses at 90 degrees	<b>Variation 3</b> 90 degree pelvic tucks	
<b>Set-up:</b>	<i>1 hand on barre, ball behind knee, lunge with back foot off floor</i>			
	<b>Variation 1</b> One leg lunge pulses	<b>Variation 2</b> One leg lunges	<b>Variation 3</b> Back leg pulse lift	

<b>Cardio</b>	<b>Set-up:</b> <i>2 hands on barre, leaning plank pose</i>	<b>Variation 1</b> Mountain climber runs on barre	<b>Variation 2</b> Jumping lunges	<b>Variation 3</b> Squat pulses
	<b>Set-up:</b> <i>1 hand on barre, feet in 2nd position, outside arm 5th position</i>	<b>Variation 1</b> Pile with side knee lift	<b>Variation 2</b> Plie pulses	<b>Variation 3</b> Pile to rise
	<b>Set-up:</b> <i>2 hands on barre, lateral lunge position</i>	<b>Variation 1</b> Lunge and knee to barre	<b>Variation 2</b>	<b>Variation 3</b>

<b>ARMS</b>	<b>Set-up:</b> <i>Facing Barre, Tricep Press Up position,</i>	<b>Variation 1</b> Press up with hand in and out	<b>Variation 2</b> Half way pulses	<b>Variation 3</b> Hold
	<b>Set-up:</b> <i>Facing centre, long band in each hand, diagonal line with the body, hands behind head</i>	<b>Variation 1</b> Tricep single arm pulls	<b>Variation 2</b> Tricep double arm pulls	<b>Variation 3</b> Double arm pulses
	<b>Set-up:</b> <i>Light weight in each hand, arms out side in Jazz 2nd</i>	<b>Variation 1</b> Side arm rotations	<b>Variation 2</b> Side arm circles	<b>Variation 3</b> Surrender up and down
	<b>Set-up:</b> <i>Light weight in each hand, feet wide parallel, soft bend in knees, torso forward</i>	<b>Variation 1</b> Tricep pulses	<b>Variation 2</b> Tricep extensions	<b>Variation 3</b> Single arm tricep extensions
	<b>Set-up:</b> <i>Light Weight in each hand, arms straight above head</i>	<b>Variation 1</b> Overhead Tricep Extension	<b>Variation 2</b> Overhead Tricep extension Pulse	<b>Variation 3</b> Overhead Tricep extension - 2up, 2 Down

Standing Glutes	<b>Set-up:</b>	<i>1 hand on Barre, leg extended to back on diagonal, ball under supporting heel, flexed foot</i>		
	<b>Variation 1</b>	Pulses	<b>Variation 2</b>	Full leg lifts
	<b>Variation 3</b>	Leg circles		
Standing Glutes	<b>Set-up:</b>	<i>1 hand on barre, ball behind knee, deep bend in supporting leg, heel off floor torso leaning towards barre</i>		
	<b>Variation 1</b>	Side leg lifts	<b>Variation 2</b>	Side leg pulses
	<b>Variation 3</b>	Carry knee to front and return		
Floor	<b>Set-up:</b>	<i>All fours, leg extended to the side</i>		
	<b>Variation 1</b>	Straight side leg lifts	<b>Variation 2</b>	Pulses to the back and return
	<b>Variation 3</b>	Donkey kicks		
	<b>Set-up:</b>	<i>Lay on back, knees bent, feet on floor, weight on each hand</i>		
	<b>Variation 1</b>	Hip bridge with arm pulldown	<b>Variation 2</b>	Heels on off with chest press
	<b>Variation 3</b>	Hold bridge with arms on floor		
	<b>Set-up:</b>	<i>Mermaid position</i>		
<b>Variation 1</b>	Top leg extend in and out	<b>Variation 2</b>	Extended leg circles	
	<b>Variation 3</b>	Extended leg pulses		
Floor	<b>Set-up:</b>	<i>Lay flat on back, hands behind head, feet apart</i>		
	<b>Variation 1</b>	Straight leg sit up with single leg lift	<b>Variation 2</b>	Straight leg oblique crunch
	<b>Variation 3</b>	Table top position with arm circles		
Floor	<b>Set-up:</b>	<i>Lay flat on back, head &amp; shoulders off floor</i>		
	<b>Variation 1</b>	Supine split leg swap	<b>Variation 2</b>	Leg lowers
	<b>Variation 3</b>	Boat pose position with foot taps		
Floor	<b>Set-up:</b>	<i>Side plank position, weight in upper arm</i>		
	<b>Variation 1</b>	Side plank hold	<b>Variation 2</b>	Side plank dips
	<b>Variation 3</b>	Plank hold with arm press		
Cool Down				

