

Barre Fix 10 - Combo

Rises	Set-up:	<i>Two hands on barre, low retire, turned out</i>		
	Variation 1	Low retire rises	Variation 2	Retire pulses
				Variation 3
				Retire piles
	Set-up:	<i>1 hand on barre, 1st position, ball between ankles</i>		
	Variation 1	Rises	Variation 2	Pulses
				Variation 3
				Squeeze ball
Piles, Squats & Lunges	Set-up:	<i>2 hands on the barre, feet closed parallel, ball under heels, lean back from barre</i>		
	Variation 1	Lean back bends	Variation 2	Lean back pulses
				Variation 3
				Heels press down on ball
	Set-up:	<i>2 hands on barre, feet ballet 1st, on rise, loop band above knees, lean back from barre</i>		
	Variation 1	Lean back piles	Variation 2	Butterfly knees
				Variation 3
				Heels on and off
	Set-up:	<i>Face centre of studio, barre squat sit, loop band above knees</i>		
	Variation 1	Heels on and off	Variation 2	Legs in and out
				Variation 3
				Stationary hold
	Set-up:	<i>Face centre of studio, hands behind on barre, supporting leg bent, leg extended to front</i>		
	Variation 1	Front leg lifts	Variation 2	Lifted leg pulses
				Variation 3
				Fondu in and out
Cardio	Set-up:	<i>2 hands on barre, feet hip width apart</i>		
	Variation 1	Squat Pulses	Variation 2	Squat Jumps
				Variation 3
				Walk the feet
	Set-up:	<i>1 hand on Barre, Plie in second</i>		
	Variation 1	Pile with Elbow to knee	Variation 2	Second Plie Pulses
				Variation 3
				Jumps in second
	Set-up:	<i>2 hands on Barre, leg extended, layout position</i>		
	Variation 1	Knee to chest back to extension	Variation 2	Back leg pulses
				Variation 3
				Circles

ARMS	Set-up:	<i>weight in each hand, Torso forward, feet hip width apart</i>		
	Variation 1	Bent over arm raises	Variation 2	Bent over arm circles
	Variation 3	Bent over pulse		
	Set-up:	<i>Barre sit position, loop band around wrists, arms in jazz 1st</i>		
	Variation 1	Vibration arms in jazz 1st	Variation 2	Vibration arms in jazz 2nd
Variation 3	Single arm extensions			
Set-up:	<i>Curtsy position, weight in each hand</i>			
Variation 1	Step Curtsy with low arm V	Variation 2	Curtsy Pulses	
Variation 3	Single arm V with bends			
Set-up:	<i>Lunge position, weights in hands, loop band around wrist</i>			
Variation 1	Lunge with arms going to Jazz 5th	Variation 2	Hold Lunge and Jazz 5th Pullouts	
Variation 3	Hold lunge with single arm pullouts			
Set-up:	<i>Barre Sit position, loop band around wrists, arms in Jazz 1st</i>			
Variation 1	Vibrations in Jazz 1st	Variation 2	Vibration arms in Jazz 2nd	
Variation 3	Single Arm extensions			
Standing Glutes	Set-up:	<i>1 hand on Barre, supporting leg bent, parallel, leg extended to the side, supporting leg on demi pointe</i>		
	Variation 1	Side leg pulses	Variation 2	Hold leg with barre leans
Variation 3	Side leg circles			
Set-up:	<i>2 hands on Barre, ball behind knee</i>			
Variation 1	Side donkey Kick Pulses	Variation 2	Side donkey pulses	
Variation 3	Carry leg to side and return			

Floor	Set-up:	<i>Hip Bridge position</i>		
	Variation 1	Hip Bridges	Variation 2	Butterfly knees
			Variation 3	Hold hip Bridge
	Set-up:	<i>Mermaid Position</i>		
	Variation 1	Top Leg extend in and out	Variation 2	Extended Leg Circles
		Variation 3	Extended Leg Pulses	
	Set-up:	<i>Facing Barre, long arms, Legs in tabletop</i>		
	Variation 1	Lever Crunches	Variation 2	Lever One Hundreds
			Variation 3	Crunch hold with Toe Taps or Bicycle Legs
	Set-up:	<i>Facing Away from Barre, long arms, Legs in tabletop</i>		
	Variation 1	Lever Crunches	Variation 2	Lever One Hundreds
			Variation 3	Crunch hold with Toe Taps or Bicycle Legs
	Set-up:	<i>Back to Barre, holding Barre in V shape, Feet on floor (or table top)</i>		
	Variation 1	Side rotations	Variation 2	Single Leg extensions
			Variation 3	Double Leg extensions
Cool Down				