

Barre Fix 4 - Light Weights

Warm Up	Select from workout library			
Rises	Set-up:	<i>One hand on barre, feet wide parallel, weight in working arm (Repeat right & left side)</i>		
	Variation 1	Rise with single arm front raise	Variation 2	Variation 3
			Rise pulses with arm in front raise hold	Hold rise and pulse weighted arm
	Set-up:	<i>Facing barre, feet in ballet 2nd position, weight in each hand</i>		
	Variation 1	Rises with lateral arm raise	Variation 2	Variation 3
			Rises pulses	Face front if full class Hold rise take weighted arms to 5th position
Plies, Squats & Lunges	Set-up:	<i>1 hand on barre, 1st position on a rise, weight in working arm (Repeat right & left side)</i>		
	Variation 1	Demi plies - arm 2nd to 5th with plies	Variation 2	Variation 3
			Plie pulses - hold arm in 2nd	Arm circles in 2nd
	Set-up:	<i>1 hand on barre, 2nd position, weight in working arm, arm in diagonal row position (Repeat right & left side)</i>		
	Variation 1	Plies in second w/diagonal row	Variation 2	Variation 3
			Plie pulses - hold arm in 2nd	Hold plie in 2nd, diagonal row 2 beats in 2 out
	Set-up:	<i>1 hand on barre, lunge position, weight in working arm (Repeat right & left side)</i>		
	Variation 1	Lunge with single arm chest push	Variation 2	Variation 3
			Pulses - arm bent at side shoulder level	Front heel lifts- arm bent at side shoulder level
Cardio	Set-up:	<i>One hand on barre, feet closed parallel, weight in working arm (Repeat right & left side)</i>		
	Variation 1	Raise knee to back floor tap - arm tap floor	Variation 2	Variation 3
			Hold diagonal lunge - Single arm closed row	Hold diagonal lunge - front heel raises
	Set-up:	<i>One hand on barre, parallel feet, outside leg extended, weight in working arm, upper body stretched to barre, arm 5th. (Repeat right & left side)</i>		
	Variation 1	Side stretch to side leg tap	Variation 2	Variation 3
			Side leg Pulses	Side leg pushes in and out
	Set-up:	<i>1 hand on barre, lunge position, weight in working arm (Repeat right & left side)</i>		
	Variation 1	Lunge to back leg kick - Arm 2nd to 1st	Variation 2	Variation 3
			Extended back leg off floor, single leg squat with closed row	Hamstring curl with tricep pull back

Arms

Set-up:	<i>Facing front, weights in both hands, feet wide parallel, soft bend in knees</i>		
Variation 1	Variation 2	Variation 3	
Side arm raises	Lateral overhead raises	Open close	
Set-up:	<i>Facing front, weight in both hands, feet wide parallel, soft bend in knees</i>		
Variation 1	Variation 2	Variation 3	
Tricep pulses x3 to alternating knee lifts	Tricep behind hand claps	Tricep pulses	
Set-up:	<i>Facing front, weight in both hands, feet wide parallel, soft bend in knees</i>		
Variation 1	Variation 2	Variation 3	
Arms 2nd to 5th	Overhead tricep drops	Overhead tricep drop pulses	
Set-up:	<i>Facing front, weight in both hands, feet wide parallel, soft bend in knees, arms in closed V</i>		
Variation 1	Variation 2	Variation 3	
Arms 2 in 2 out closed V to wide V	Circles in wide V	Circles in 2nd	

Standing Glutes

Set-up:	<i>2 hands on barre, feet parallel, weight tucked behind knee (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Side donkey kicks	Side donkey pulses	Side donkey circles	
Set-up:	<i>1 hand on barre, feet turned out, outside leg and arm extended behind on diagonal, weight in working arm (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Arm and leg lifts	Arm and leg pulses	Arm and leg circles	

Floor

Set-up:	<i>All fours, weight behind working leg. (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Back donkey kicks	Donkey kick pulses	Side knee glides	
Set-up:	<i>Lay on side, hips stacked one on top of the other, legs in mermaid position (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Weighted clam shells	Weighted knee forward and back	Weighted side pulses	
Set-up:	<i>Boat pose, arms in wide row position, weight in each hand</i>		
Variation 1	Variation 2	Variation 3	
Boat pose sit ups with wide row	Hold boat pose with wide rows	Hold boat pose driving arms	
Set-up:	<i>Boat pose, arms in guard position, weight in each hand</i>		
Variation 1	Variation 2	Variation 3	
Boat pose sit ups with jabs	Boat pose hold bicep V	Sit up pulses	
Set-up:	<i>Boat pose, weight in each hand</i>		
Variation 1	Variation 2	Variation 3	
Boat pose arms open and close	Boat pose sit ups with overhead arm raise	Pulses	
Set-up:	<i>Plank position, holding weights</i>		
Variation 1	Variation 2	Variation 3	
Plank side hip drops	Single arm tricep pull backs	Hold plank	

Cool Down