

Barre Fix 9 - Sliders

Warm Up

Select from workout library

Set-up: 2 hands on barre, slider under one foot, feet in 1st position (Repeat right & left side)

Variation 1

Rise in first with side tendu

Variation 2

Pulses in 1st

Variation 3

Hold rise arms to 5th

Set-up: 1 hand on barre, first position on rise, slider under outside leg (Repeat right & left side)

Variation 1

Piles in 1st on rise

Variation 2

Slide outside leg to 2nd and return to 1st

Variation 3

Pulses in 2nd

Piles, Squats & Lunges

Set-up: 2 hands on barre, feet in 2nd on rise, slider under feet

Variation 1

Piles in 2nd

Variation 2

Heels on and off

Variation 3

Tiny slider circles on each foot

Set-up: 2 hands on barre, feet turned out, back/working foot on slider (Repeat right & left side)

Variation 1

Swan lake lunge

Variation 2

Front heel of and on

Variation 3

Single leg plie pulse

Set-up: 1 hand on barre, outside leg on slider, feet parallel (Repeat right & left side)

Variation 1

Forward slide lunge

Variation 2

Front heels on and off

Variation 3

Hold

Cardio

Set-up: 1 hand on barre, feet first position, demi pointe, slider under outside foot (Repeat right & left side)

Variation 1

Slide forward into demi pointe diagonal lunge

Variation 2

Front kick to lunge

Variation 3

Front leg pulses

Set-up: 2 hands on barre, feet wide parallel, sliders under both feet

Variation 1

Squat to burpee slider

Variation 2

Squat pulses

Variation 3

Walk the feet

Set-up: 2 hands on barre, feet wide parallel, sliders under both feet

Variation 1

Switch lunges

Variation 2

Squat jumps

Variation 3

Walk the feet

	Set-up:	<i>1 hand on barre, wide parallel, slider under outside fit (Repeat right & left side)</i>		
	Variation 1		Variation 2	Variation 3
	Slide to squat		Squat to side kick	Side leg pulse lifts

ARMS	Set-up:	<i>On floor, mermaid press up position, slider under both hands (Repeat right & left side)</i>		
	Variation 1		Variation 2	Variation 3
	Slide to press up		Mermaid press up pulses	Single back arm slides

ARMS	Set-up:	<i>Tricep dip position, slider under each hand</i>		
	Variation 1		Variation 2	Variation 3
	Tricep dips		Single hand circles	Pulses

ARMS	Set-up:	<i>Tricep dip position, sliders under feet</i>		
	Variation 1		Variation 2	Variation 3
	Tricep dip		Single leg slides	Pulses

ARMS	Set-up:	<i>Plank position, slider under each hand</i>		
	Variation 1		Variation 2	Variation 3
	Press up with single arm front slide outs		Plank with alternating arm circles	Single press ups

Standing Glutes	Set-up:	<i>2 hands on barre, slider under one foot (repeat left & right sides)</i>		
	Variation 1		Variation 2	Variation 3
	Slide back lunge		Back donkey kicks	Back donkey pulses

Standing Glutes	Set-up:	<i>2 hands on barre, slider under one foot (repeat left & right sides)</i>		
	Variation 1		Variation 2	Variation 3
	Slide to squat and return		Side donkey kicks	Side donkey kick pulses

Floor	Set-up:	<i>Lay on back, both feet on floor, knees bent, sliders under both feet.</i>		
	Variation 1	Hip bridge slide feet in and out	Variation 2	Side hip dips
	Variation 3	Hip bridges		
	Set-up:	<i>All fours, knee on slider</i>		
	Variation 1	Donkey kick with slider knee	Variation 2	Donkey kick pulses
Variation 3	Side knee to back extension			
Set-up:	<i>Side plank position, sliders under feet</i>			
Variation 1	Side plank	Variation 2	Side tuck knees	
Variation 3	Side plank dips			
Set-up:	<i>Plank position, sliders under feet</i>			
Variation 1	Plank with large slider leg circles	Variation 2	Dog down to plank star jump	
Variation 3	Hold plank			
Set-up:	<i>Plank position on elbows, sliders under elbows</i>			
Variation 1	Elbows in and out	Variation 2	Walk the knees	
Variation 3	Double knees			
Cool Down				

