

# Barre 8 - Combo

Warm Up	Select from workout library			
Rises	<b>Set-up:</b>	<i>1 hand on barre, feet turned out, outside leg in front attitude</i>		
		<b>Variation 1</b> Attitude pulses	<b>Variation 2</b> Single leg rise	<b>Variation 3</b> Single leg rise pulses
	<b>Set-up:</b>	<i>2 hands on barre, ball between thighs, feet wide parallel</i>		
		<b>Variation 1</b> Rise in parallel	<b>Variation 2</b> Squeeze ball on rise	<b>Variation 3</b> Squats up and down with ball squeezes
Piles, Squats & Lunges	<b>Set-up:</b>	<i>2 hands on barre, first position on rise.</i>		
		<b>Variation 1</b> Piles in first	<b>Variation 2</b> Heals on & off	<b>Variation 3</b> Pulses
	<b>Set-up:</b>	<i>1 hand on barre, feet in 1st Position on rise</i>		
		<b>Variation 1</b> Step to 4th pile and back	<b>Variation 2</b> Pulses in 4th	<b>Variation 3</b> Heals on off
	<b>Set-up:</b>	<i>2 hands on barre, feet closed parallel, on rise</i>		
		<b>Variation 1</b> Closed parallel bends	<b>Variation 2</b> Side foot taps	<b>Variation 3</b> Closed parallel pulses
	<b>Set-up:</b>	<i>2 hands on barre, feet turned out, leg extended behind, top of foot resting on ball</i>		
		<b>Variation 1</b> Swan lake lunge	<b>Variation 2</b> Pulses in lunge	<b>Variation 3</b> Front heal on & off
Cardio	<b>Set-up:</b>	<i>1 hand on barre, feet in 2nd position</i>		
		<b>Variation 1</b> Pile to curtsy with floor tap (away from barre)	<b>Variation 2</b> Curtsy pulses	<b>Variation 3</b> 2nd plie pulses
	<b>Set-up:</b>	<i>1 hand on the barre, 2nd position</i>		
		<b>Variation 1</b> Plie in 2nd to front attitude - Arm 2nd to 5th	<b>Variation 2</b> Plie in 2nd to rise in first - Arm 2nd to 5th	<b>Variation 3</b> 1st to 2nd Jumps

	<b>Set-up:</b>	<i>1 hand on the barre, 4th position</i>		
	<b>Variation 1</b>	Piles in 4th to arabesque	<b>Variation 2</b>	Arabesque taps
			<b>Variation 3</b>	Arabesque back leg pulses
	<b>Set-up:</b>	<i>2 hands on barre, feet closed parallel</i>		
	<b>Variation 1</b>	Jump to squat return to closed parallel	<b>Variation 2</b>	Pulses in squat
			<b>Variation 3</b>	Alternating back lunge

ARMS	<b>Set-up:</b>	<i>Loop band around wrists, arms jazz first palms facing in</i>		
	<b>Variation 1</b>	Arms in and out	<b>Variation 2</b>	Step to curtsey - arms 1st to 5th
			<b>Variation 3</b>	Hold curtsey - arms overhead vibrations
	<b>Set-up:</b>	<i>Loop band around wrists, arms jazz 1st palms facing floor</i>		
	<b>Variation 1</b>	Alternate side arm pull	<b>Variation 2</b>	Vibrations
			<b>Variation 3</b>	Vibrations up and down
	<b>Set-up:</b>	<i>Arms jazz 1st, weight in each hand</i>		
<b>Variation 1</b>	Drive the car	<b>Variation 2</b>	Front circles	
		<b>Variation 3</b>	Circles to second and return	
<b>Set-up:</b>	<i>Arms 2nd, weight in each hand</i>			
<b>Variation 1</b>	Rotations	<b>Variation 2</b>	Push backs	
		<b>Variation 3</b>	Arm raises	
<b>Set-up:</b>	<i>1 hand on barre, arabesque position, weight in outside hand</i>			
<b>Variation 1</b>	Arabesque taps with arm	<b>Variation 2</b>	Arm pulses	
		<b>Variation 3</b>	Arm circles	
<b>Set-up:</b>	<i>Tricep Press up position on Barre</i>			
<b>Variation 1</b>	Tricep press up	<b>Variation 2</b>	Tricep press up pulses	
		<b>Variation 3</b>	Tricep press up hand walks	

Standing Glutes	<b>Set-up:</b>	<i>Forearms on Barre, parallel, leg extended to side, supporting leg bent</i>		
	<b>Variation 1</b>	Side leg pulses	<b>Variation 2</b>	Carry leg to back & Return
	<b>Variation 3</b>	Side leg circles		
Standing Glutes	<b>Set-up:</b>	<i>Forearms on Barre, parallel, leg extended back diagonal, supporting leg bent</i>		
	<b>Variation 1</b>	Diagonal tap 2 up, 2 down	<b>Variation 2</b>	Diagonal Pulses
	<b>Variation 3</b>	Diagonal circles		
Floor	<b>Set-up:</b>	<i>Lay on side,, legs front at 90 degrees, loop band above knees</i>		
	<b>Variation 1</b>	Pulses	<b>Variation 2</b>	Circles
	<b>Variation 3</b>	Knee twist floor to ceiling		
	<b>Set-up:</b>	<i>Seated facing barre, legs in S shape, holding onto barre</i>		
	<b>Variation 1</b>	Back leg lift	<b>Variation 2</b>	Pulses
	<b>Variation 3</b>	In & out		
Floor	<b>Set-up:</b>	<i>Lay on back, legs extended and off floor</i>		
	<b>Variation 1</b>	PK Leg extensions	<b>Variation 2</b>	Flutters
	<b>Variation 3</b>	Extensions		
	<b>Set-up:</b>	<i>Lay on back, ball in hands overhead</i>		
	<b>Variation 1</b>	Lift legs and place ball between legs	<b>Variation 2</b>	Scissors
	<b>Variation 3</b>	Tuck in and out		
Floor	<b>Set-up:</b>	<i>Plank position</i>		
	<b>Variation 1</b>	Mountain Climbers	<b>Variation 2</b>	Walk the Feet in and out
	<b>Variation 3</b>	Opposite knee to elbow		
Cool Down				