

Barre Fix 2 - Bands

Warm Up	Select from workout library		
Rises	Set-up: <i>2 hands on barre, feet in wide parallel, loop band around ankles</i> Variation 1 Rises	Variation 2 Pulses	Variation 3 Back leg lifts on rise
	Set-up: <i>2 hands on barre, feet in small 2nd position, loop band around ankles</i> Variation 1 Rises	Variation 2 Pulses	Variation 3 Hold rise arms to 5th
Plies, squats & Lunges	Set-up: <i>1 hand on barre, 1st position on rise, loop band just above knees</i> Variation 1 Demi plies on rise	Variation 2 Pulses	Variation 3 Butterfly knees
	Set-up: <i>2 hands on barre, squat position on rise, loop band just above knees</i> Variation 1 Squat pulses	Variation 2 Knees in and out	Variation 3 Heels on off
	Set-up: <i>1 hand on barre, closed parallel position, on rise, loop band just above knees</i> Variation 1 Bends on rise	Variation 2 Pulses	Variation 3 Heels off on with butterfly knees
	Set-up: <i>2 hands on barre, lunge position with back foot off floor, loop band just above knees</i> Variation 1 One leg lunge	Variation 2 Pulses	Variation 3 Front heel on and off
Cardio	Set-up: <i>Facing front, one hand holding one band, hand above head, demi plie in 2nd position (Repeat right & left side)</i> Variation 1 Side knee lifts with band pull	Variation 2 2nd plie pulses with arm pull	Variation 3 Jumps in and out
	Set-up: <i>Facing front, one hand holding one band, feet in 1st position, (Repeat right & left side)</i> Variation 1 Step to 2nd with tricep pull out	Variation 2 Walk the feet in 2nd position	Variation 3 Side pulses
	Set-up: <i>2 hands on barre, foot through band loop, lunge position</i> Variation 1 Lunge and knee to barre	Variation 2 Lunge pulses	Variation 3 Heels

Arms

Set-up:	<i>Facing barre, one band in each hand, wide parallel</i>		
Variation 1	Variation 2	Variation 3	
Squat with tricep pull back	Bent over row	Tricep pulses	
Set-up:	<i>Facing front, curtsy position, one hand with one band (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Curtsy pulses with tricep side pulls	Hold curtsy, side tricep pulses	Arm circles	
Set-up:	<i>Loop Band around wrists, arms down in front of body</i>		
Variation 1	Variation 2	Variation 3	
Single arm pull outs	Double arm pull outs - Shoulder height	Alternating pull outs -palms to floor & centre	
Set-up:	<i>Loop band around wrists, hands behind back, low straight arms</i>		
Variation 1	Variation 2	Variation 3	
Arm pull aways	Single arm pull aways	pulses	

Standing Glutes

Set-up:	<i>1 hand on barre, loop band above knees, parallel 1st, bend in knees (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Donkey kicks	Pulses	Knee forward to chest and return	
Set-up:	<i>2 hands on barre, loop band above knees, parallel 1st, bend in knees</i>		
Variation 1	Variation 2	Variation 3	
Bent side leg lifts	Pulses	Leg extension	
Set-up:	<i>1 hand on barre, foot through loop band, leg extended to the side (Repeat right & left side)</i>		
Variation 1	Variation 2	Variation 3	
Side leg lifts	Pulses	Circles	

Floor	Set-up: <i>All fours, loop band around front of supporting knee, and behind knee on working leg, working leg crossed over supporting leg</i> Variation 1 Crossed donkey kicks	Variation 2 Crossed donkey kick pulses	Variation 3 Hamstring extension
	Set-up: <i>Lay on back, loop band just above knees, feet on floor, legs bent.</i> Variation 1 Hip bridge feet walk in and outs	Variation 2 Hip bridge heel lifts	Variation 3 Hip bridge frog
	Set-up: <i>Lay on side, hips stacked one on top of the other, loop band around knees (Repeat right & left side)</i> Variation 1 Side leg lifts	Variation 2 Front forward leg with floor tap	Variation 3 Front forward leg circles
	Set-up: <i>Seated upright mermaid position, outside arm holding band, (repeat right & left sides)</i> Variation 1 Side oblique pulls	Variation 2 Oblique pulses	Variation 3 Back leg lifts
	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
Cool Down			