

# Barre Fix 5 - Combo

Warm Up	Select from workout library			
Rises	<b>Set-up:</b>	<i>2 hands on barre, feet wide parallel, flat back position</i>		
		<b>Variation 1</b> Flat back rises	<b>Variation 2</b> Flat back rises pulses	<b>Variation 3</b> Walk the feet
	<b>Set-up:</b>	<i>2 hands on the barre, turned out 2nd position</i>		
		<b>Variation 1</b> Rises	<b>Variation 2</b> Pulses	<b>Variation 3</b> Hold on rise, hands to 5th position
Plies, Squats & Lunges	<b>Set-up:</b>	<i>One hand on barre, ball between ankles, feet turned out 1st position, on rise</i>		
		<b>Variation 1</b> Demi plies on rise	<b>Variation 2</b> Pulses	<b>Variation 3</b> Butterfly knees
	<b>Set-up:</b>	<i>One hand on barre, feet turned out 1st position, on rise</i>		
		<b>Variation 1</b> Full plies on rise	<b>Variation 2</b> Halfway pulses	<b>Variation 3</b> Halfway pelvic tucks
	<b>Set-up:</b>	<i>2 hands on the Barre, closed parallel</i>		
		<b>Variation 1</b> Full parallel bend	<b>Variation 2</b> Halfway pulses	<b>Variation 3</b> Walk the feet
	<b>Set-up:</b>	<i>2 hands on barre, Lunge position, back foot off floor (Repeat right and left )</i>		
		<b>Variation 1</b> One leg lunges	<b>Variation 2</b> Pulses	<b>Variation 3</b> Front heel raises

Cardio	<b>Set-up:</b>	<i>2 hands on Barre, Curtsy lunge position (Repeat right &amp; left side)</i>		
	<b>Variation 1</b>	Curtsy lunge to side knee lift	<b>Variation 2</b>	Curtsy pulses
	<b>Variation 3</b>	Front heel raises		
Cardio	<b>Set-up:</b>	<i>2 hands on Barre, lunge position (Repeat right &amp; left side)</i>		
	<b>Variation 1</b>	Lunge to back kick	<b>Variation 2</b>	Lunge pulses
	<b>Variation 3</b>	Front heel raises		
Cardio	<b>Set-up:</b>	<i>1 hand on barre, plie in second, 1 arm in 5th stretching upper body towards barre (Repeat right &amp; left side)</i>		
	<b>Variation 1</b>	Plie in 2nd bring elbow to knee	<b>Variation 2</b>	Knee pulls
	<b>Variation 3</b>	Knee rotations		

Arms	<b>Set-up:</b>	<i>Facing barre, both hands holding resistance bands, row position</i>		
	<b>Variation 1</b>	Resistance band narrow row	<b>Variation 2</b>	Resistance band row pulses
	<b>Variation 3</b>	Side arm raises		
	<b>Set-up:</b>	<i>Facing front of studio, one hand holding resistance band, arm down by side (repeat right and left sides)</i>		
Arms	<b>Variation 1</b>	Downward tricep pull outs	<b>Variation 2</b>	Downward tricep pull out pulses
	<b>Variation 3</b>	Circles		
	<b>Set-up:</b>	<i>Facing front of studio, one hand holding resistance band, one arm surrender pose (repeat right and left sides)</i>		
Arms	<b>Variation 1</b>	One arm overhead press	<b>Variation 2</b>	Pulses
	<b>Variation 3</b>	Open & close		
	<b>Set-up:</b>	<i>Facing barre, 2 hands on resistance band, hands by sides</i>		
Arms	<b>Variation 1</b>	V arm raises	<b>Variation 2</b>	V arm circles
	<b>Variation 3</b>	V arm scissors		

Standing Glutes	<b>Set-up:</b> <i>1 Foot through loop of resistance band, one hand on barre (repeat right and left sides)</i> <b>Variation 1</b> Side leg lift	<b>Variation 2</b> Side leg pulses	<b>Variation 3</b> Side leg circles
	<b>Set-up:</b> <i>2 hands on barre, Heal on ball, leg extended to the side (repeat right &amp; left sides)</i> <b>Variation 1</b> Extended pulses	<b>Variation 2</b> Side tap to back tap alternating	<b>Variation 3</b> Side taps
Floor	<b>Set-up:</b> <i>All fours, ball tucked behind knee (repeat right and left sides)</i> <b>Variation 1</b> Side leg lift	<b>Variation 2</b> Pulses	<b>Variation 3</b> Ball squeezes
	<b>Set-up:</b> <i>Lay on side, mermaid position, rest on hand or elbow (repeat right and left sides)</i> <b>Variation 1</b> Clam shells	<b>Variation 2</b> Side leg in and out	<b>Variation 3</b> Leg forward and back
	<b>Set-up:</b> <i>Sitting up, ball behind lower back, knees bent, feet on floor</i> <b>Variation 1</b> Sit ups	<b>Variation 2</b> Arm switches	<b>Variation 3</b> Arm side twists
	<b>Set-up:</b> <i>Side plank position, knees on or off floor (repeat right and left sides)</i> <b>Variation 1</b> Side plank	<b>Variation 2</b> Side plank hip dips	<b>Variation 3</b> Side plank leg lifts
	<b>Set-up:</b> <i>Lay on back, feet off floor, knees bent</i> <b>Variation 1</b> Bent side leg lowers	<b>Variation 2</b> Frog pulses	<b>Variation 3</b> Oblique bicycle crunch
Cool Down			