

# Barre Fix 1 - Sliders

Warm Up	Select from workout library			
Rises	Set-up:	<i>2 hands on Barre, feet wide parallel, feet on sliders</i>		
		<b>Variation 1</b> Rises	<b>Variation 2</b> Pulses	<b>Variation 3</b> Side lunge tendus on rise
	Set-up:	<i>1 hand on Barre, Feet in 2nd Position, feet on sliders (repeat right and left sides)</i>		
		<b>Variation 1</b> Rises	<b>Variation 2</b> Pulses	<b>Variation 3</b> Outwards rond de jambe on rise
Plies, Squats & Lunges	Set-up:	<i>1 hand on barre, 4th position on rise, feet on sliders (repeat right and left sides)</i>		
		<b>Variation 1</b> Piles	<b>Variation 2</b> Pulses	<b>Variation 3</b> Alternating tendus
	Set-up:	<i>1 hand on barre, feet closed parallel, on rise, feet on sliders (repeat right and left sides)</i>		
		<b>Variation 1</b> Parallel bends	<b>Variation 2</b> Pulses	<b>Variation 3</b> Bend and ronde de jambe
	Set-up:	<i>2 hands on barre, closed parallel, feet on sliders</i>		
	<b>Variation 1</b> Slide to squat and return	<b>Variation 2</b> Pulses in squat	<b>Variation 3</b> Walk the feet	
Set-up:	<i>2 hands on barre, feet closed parallel, feet on sliders</i>			
	<b>Variation 1</b> Slide into lateral lunge and return	<b>Variation 2</b> Lunge pulses	<b>Variation 3</b> Supporting leg heels on and off	
Set-up:	<i>2 hands on barre, feet closed parallel, feet on sliders</i>			
	<b>Variation 1</b> Slide into back lunge	<b>Variation 2</b> Lunge pulses	<b>Variation 3</b> Lunge hold	
Cardio	Set-up:	<i>1 hand on barre, feet parallel hip width apart, feet on sliders (repeat right and left sides)</i>		
		<b>Variation 1</b> Slide leg behind with hand floor tap	<b>Variation 2</b> Lunge hold with knee in and out	<b>Variation 3</b> Lunge pulses
	Set-up:	<i>2 hands on barre, curtsy position, feet on sliders</i>		
	<b>Variation 1</b> Slider curtsy lunges	<b>Variation 2</b> Curtsy lunge to side knee lift	<b>Variation 3</b> Knee rotations	
Set-up:	<i>2 hands on barre, wide parallel, feet on sliders</i>			
	<b>Variation 1</b> Squat to knee lift	<b>Variation 2</b> Slide in and out of squat	<b>Variation 3</b> Squat jumps in and out	

Arms	<b>Set-up:</b>	<i>On floor, tricep press up position, sliders under hands, knees on OR off the floor</i>		
	<b>Variation 1</b>	Tricep press up	<b>Variation 2</b>	Hold press up single arm slide outs
			<b>Variation 3</b>	Hold press up single arm circles
	<b>Set-up:</b>	<i>Tricep dip position, hands on sliders</i>		
	<b>Variation 1</b>	Tricep dips	<b>Variation 2</b>	Hold Tricep dip, single arm slide outs
			<b>Variation 3</b>	Tricep dip pulses
	<b>Set-up:</b>	<i>Tricep press up position, hands on sliders, knees on OR off the floor</i>		
	<b>Variation 1</b>	Slide out to chest press position	<b>Variation 2</b>	Pulses in chest press up
			<b>Variation 3</b>	Single am side slides

Standing Glutes	<b>Set-up:</b>	<i>2 hands on barre, feet in 1st position, bend in the knees, slider under working foot</i>		
	<b>Variation 1</b>	Tendu leg back to diagonal and lift	<b>Variation 2</b>	Pulses
			<b>Variation 3</b>	Hold leg off floor, straight to bent

Floor	<b>Set-up:</b>	<i>Lay on back, feet on floor, knees bent, feet on sliders</i>		
	<b>Variation 1</b>	Hip bridge with single leg slide outs	<b>Variation 2</b>	Hip bridge single leg circles
			<b>Variation 3</b>	Hip bridges
	<b>Set-up:</b>	<i>S mermaid position, top leg on slider (repeat right and left sides)</i>		
	<b>Variation 1</b>	Slide back leg to diagonal extension	<b>Variation 2</b>	Pulses
			<b>Variation 3</b>	Push leg out and In
	<b>Set-up:</b>	<i>Plank position, feet on sliders</i>		
	<b>Variation 1</b>	Slider side kicks	<b>Variation 2</b>	Slider mountain climbers
			<b>Variation 3</b>	Slider floor star
	<b>Set-up:</b>	<i>All fours table top with knees just off floor</i>		
	<b>Variation 1</b>	Extend leg back	<b>Variation 2</b>	Table top single leg circles
			<b>Variation 3</b>	Stationary hold

Cool Down

