

bootybarre member dashboard

CUES FOR SUCCESS



HEALTHY LIVING



BUSINESS & MARKETING



LATEST BLOG POST



bootybarre and Crossfit

pro series instructor training

Each Pro Series does not have ALL blocks to complete a class this is how the membership is designed. Interchange your class with a few segments at a time but do not change the whole class at one time.

Your order should always follow :

Warm-up, Arm work Circuit 1,2,3, Isometric, Flexibility, Sideline, Cardio Interval, Facing the Barre, Cardio Interval, Pure Booty and Abs, extension & Flexibility.

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PRO SERIES 1

PRO SERIES 2

PRO SERIES 3

PRO SERIES 4

PRO SERIES 5

PRO SERIES 6

PRO SERIES 7

PRO SERIES 8

>

discussion

Modifications	3 topics
Music	0 topics
Marketing and Business	0 topics
Pro Series Questions	0 topics
Wholesale Queries	0 topics

Member > Video Overview

Pro Series

PRO SERIES 1



PRO SERIES 2



PRO SERIES 3



PRO SERIES 4



Pro Series 1

The workout consists of the following sections:

- Warm-Up
- Arms
- Circuit One
- Circuit Two
- Circuit Three
- Barre
- Isometric
- Flexibility
- Side Line
- Facing the Barre
- Pure Booty
- Cardio Interval 1 and 2
- Floor Work

Equipment Needed:

- bootybarre ball
- Dumbbells
- Mat



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SHAPE

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