



bbarre less[®]
do you dare to go barre less!?

Block 1

Cross Touch Rock It

Cross step touch 3 times then shift weight onto the leg that is reaching side then shift back onto front leg. Repeat the sequence starting with other foot.

Reps: 1 x 8

Cross Touch Rock it w/ Walk Around

Do 3 sets of the Cross Touch Rock it sequence then walk in a circle right to left. Repeat and walk the circle left to right.

Cue: This is the initial warm up so just move and have fun!

Reps: 1 x 4

Contract and Release in 2nd Position

Begin in 2nd position with arms reaching up in a V. Plie, round the spine in a curve and cross the arms in front. Straighten the legs, extend the spine and reach the arms back up to a V.

Cue: Keep the knees tracking over the 1st and 2nd toes.

Reps: 1 x 8

Bend and Extend in 2nd Position

Begin in 2nd position plie, flat back with the hands on the floor. Straighten the legs and bring the torso towards the legs. Plie back down and repeat.

Cue: Keep the knees tracking over the 1st and 2nd toes. Reach the head and tail away from each other to create the flat back. Draw the abdominals in to help bring the torso towards the legs as they straighten.

Modification: Keep the hands on the knees to decrease the flexion in the hips and knees.

Reps: 1 x 8

Attitude Swing w/ Transfer

Begin with legs externally rotated and right leg pointing side. The arms are open in 2nd position. Brush the right foot through 1st position (small V) and to the front in an attitude position (knee bent). Brush the foot back through 1st position and to attitude side. from the attitude plie in 2nd position and transfer over to the right. Repeat the sequence on the left. Keep alternating sides. Arms can stay in 2nd position or carry to the front and open back up (port de bras) during the transfer.

Cue: Brush the foot on the floor and lead with the heel to maintain external rotation. Shoulders stay over the hips during the transfer.

Reps: 1 x 8, 1 x 8 triple attitude swing then transfer

Fan Kick

Begin with legs externally rotated and right leg pointing side. The arms are open in 2nd position. Brush the right foot through 1st position (small V) and to the front in an attitude position (knee bent). Open the leg to attitude side, extend the leg and point the foot back the floor. Repeat.

Cue: Brush the foot on the floor and lead with the heel to maintain external rotation. Keep the arms in the peripheral vision.

Reps: 1 x 7 transfer to left. 1 x 7 transfer to right. 1 x 7 with arms. Transfer to left. 1 x 7 with arms. Transfer to right.

Triple Fan Kick w/ Transfer

Begin with legs externally rotated and right leg pointing side. The arms are open in 2nd position. Brush the right foot through 1st position (small V) and to the front in an attitude position (knee bent). Open the leg to attitude side, extend the leg and point the foot back the floor. Repeat.

Cue: Brush the foot on the floor and lead with the heel to maintain external rotation. Keep the arms in the peripheral vision. Shoulders stay over the hips during the transfer.

Reps: 1 x 4 alternating right and left

Attitude Lift and Lower

Begin with left leg in attitude back and right leg in an externally rotated plie. Hands are on the thigh with the body pitched forward. Lower and lift the left leg in attitude.

Cue: Press hands into thigh to create upper body stability. Keep the hips and shoulders square. The lift and lower is controlled to avoid arching in the low back. The attitude is behind and not out to the side.

Reps: 1 x 8, 1 x 8 pulses. Repeat on other side.

Elvis w/ Arm Flick

Begin in 1st position releve with arms overhead in 5th position. Bend the knees. The legs rotate away from each other as the arms rotate away and the hands flick out. Return the legs and arms back in and repeat.

Cue: The releve is a kitten heel not high heel. The 1st position is conservative with the knees pointing to the diagonal not out to the side. Squeeze the heels together to keep the glutes and hamstrings active.

Reps: 1 x 8

Booty Hips

Begin in 1st position releve with arms overhead in 5th position. Bend the knees. Squeeze the heels together. Move the hips right and left as the arms flick right and left.

Cue: The releve is a kitten heel not high heel. The 1st position is conservative with the knees pointing to the diagonal not out to the side. Squeeze the heels together to keep the glutes and hamstrings active.

Reps: 1 x 8, 1 x 4 traveling down and up (4cts down, 4 cts up)

Step Drag w/ Side Bend

Step to the right and drag the left foot in front in a demi point position (on the ball of the foot). The left arm sweeps low and the right arms sweeps overhead as the torso bends to the left. Repeat on the other side.

Cue: The obliques create the side bend. Drag the foot in to use the adductors (inner thighs)

Reps: 1 x 8 alternating right and left

Side Bend Curtsey to Passe

From the side bend transfer the front foot to a curtsey back and side bend to the opposite side. Return the foot back to the front in a passe and side bend towards the passe.

Cue: The obliques create the side bend. The passe is low to avoid hiking the hip. The back toes are in line with the front heel in the curtsey. This keeps the hips square.

Reps: 1 x 8

Step Passe Extension Front

Step to the left. Point the right foot and bring the right leg to a passe. Extend the leg front. Return the leg to passe and point back to the side. Repeat on the other side. The arms are in 2nd position throughout the exercise.

Cue: Maintain external rotation of the legs. The passe is low and the hips stay square to the front. The heel leads in the extension front. The knee leads back to passe.

Reps: 1 x 8

Cardio 1

Step Ball Change/ Side Taps

Step the right foot in, cross over the left and reach the left foot out then step the left foot in, cross over the right and the right foot goes out. Keep alternating. The arms are bent with the hands in front of the chest and the elbows to the side. As the foot steps out the same side arm reaches forward. Transition in to Side Taps where the legs reach out side to side and the toe taps on the floor. The same arm as leg reaches forward as the toe taps.

Cue: Keep the chest lifted and mid back engaged. The intensity can be individualized. More of a jump increases the intensity or the movement can be performed just stepping.

Reps: 1 x 2 : 4 Step Ball Change/ 8 Side Taps, 1 x 2 traveling back and forward. 1 x 16 side taps.

Block 2

Step Curtsey

Begin with the band folded in half and holding shoulder distance apart above the head. Keep the resistance on the band so it is always taut. Step to the right and curtsey the left leg back. Repeat on the other side.

Cue: Maintain shoulders over hips and arms straight overhead. Hips and shoulders stay square to the front.

Reps: 1 x 8

Step Curtsey w/ Side Bend

Begin with the band folded in half and holding shoulder distance apart. Keep the resistance on the band so it is always taut. Step to the right and curtsey the left leg back. Simultaneously side bend and arc the arms overhead to the right in front of the body. Repeat on the other side.

Cue: Hips and shoulders stay square to the front. Maintain tension on the band. Palms face forwards to maintain external rotation of the shoulder joint.

Reps: 1 x 8

Step Curtsey Triple Pulse w/ side Bend

Begin with the band folded in half and holding shoulder distance apart. Keep the resistance on the band so it is always taut. Step to the right and curtsey the left leg back. Simultaneously side bend and arc the arms overhead to the right in front of the body. Pulse both arms and legs 3x in the curtsey position. Repeat on the other side.

Cue: Hips and shoulders stay square to the front. Maintain tension on the band. Palms face forwards to maintain external rotation of the shoulder joint

Reps: 1 x 8

Figure 8 in 2nd position

Legs are in 2nd position plie with the arms holding the band at shoulder height. Move the arms on the diagonal down towards the right knee. Return back up and move the arms on the diagonal down towards the left knee creating a figure 8.

Cue: Maintain tension on the band. Use the obliques to create the rotating side bend.

Figure 8 w/ Step Tap

In 2nd position plie Figure 8 the arms right, left, right then step drag the left foot in. The arms reach overhead. Start the next set by moving the arms on a downward diagonal to the left, right, left then step drag the right foot in.

Cue: Maintain tension on the band. Use the obliques to create the rotating side bend.

Reps: 1 x 8

Chest Opener w/ 2nd Position Releve

Begin in 2nd position with the arms reaching overhead. Palms facing forward. Plie, lift the heels to a releve as the elbows bend and pull the arms down with the band going down and behind the head. Return the arms back up as the legs straighten and the heels return to the floor.

Repeat.

Cue: Elbows reach out to the side. Palms face forward to maintain external rotation . Engage the mid back to draw the arms down. Shoulders stay over the hips and the knees stay over the toes.

Reps: 1 x 8, 1 x 8 w/ triple pulse.

Cross Back Curtsey Rotation

Step right and bring left leg behind in a curtsey as the arms reach across the front and rotate to the right. Repeat stepping left.

Cue: Maintain tension on the band. Keep the arms at shoulder height. Reach the arms to the side in the rotation.

Reps: 1 x 8

Cross Back Curtsey Rotation w/ Triple Pulse

Step right and bring left leg behind in a curtsey as the arms reach across the front and rotate to the right. Pulse 3x then repeat stepping left.

Cue: Maintain tension on the band. Keep the arms at shoulder height. Reach the arms to the side in the rotation.

Reps: 1 x 8

Back Lunge with Rotation

Start with the legs together and parallel. Arms are overhead. Step the right leg back in a bent knee lunge and bring the arms front to shoulder height. Rotate to the right. Rotate back to center. Reach the arms back overhead and tap the right foot in. To advance the movement go to a knee lift instead of a tap.

Cue: Maintain tension on the band. Keep the shoulders over the hips. In the lunge both knees should be right under the hip. During the rotation keep the hips facing forwards.

Reps: 1 x 8

Chest press w/ Forward Kick

From the last Back Lunge with Rotation hold the knee lift, bend the standing knee, kick the leg forward and press the arms out to shoulder height. Bend the knee back in and bend the arms in with elbows pointing to the sides.

Cue: The kicks are controlled with the foot pointed. Maintain the tension on the band and arms at shoulder height.

Reps: 1 x 16

Repeat Back Lunge with Rotation and Chest press w/ Forward Kick on the left leg.

Step Touch to Side Kick

Step touch to the left and side bend. Lift the right leg up to a side kick position. The standing knee is bent. Arms are overhead and reach to side. Repeat the sequence staying on the same side.

Cue: The side leg lift is low and parallel with the hips and shoulders square to the front. Reach the torso over to create long sides. The head is in the middle of the arms. The glutes lift the leg. The obliques create the side bend during the step touch. Maintain tension on the band throughout the exercise.

Reps: 1 x 8, 1 x 8 w/ triple pulse. Step touch to transition and repeat exercise on the left.

Overhead Triceps Extension in Lunge

Step on one end of the band with the right foot. Reach the left leg back into a straight leg lunge. Hold the other end of the band in the left hand. Choke up on the band to create optimal tension. Reach the left arm to the side at shoulder height. Lift it overhead. Bend the elbow into a triceps press and simultaneously pitch the body forward. Extend the arm. Return the torso upright and return the arm to the side at shoulder height.

Cue: Control the movement of the band. There should always be tension. Square the hips and shoulders to the front. The elbow points forward during the triceps press.

Reps: 1 x 8 , 1 x 8 triceps extension pulses

Side Leg Lift with Arm Circle

Stand on one end of the band with the right foot. Cross the band over the body and hold the band in the right hand. Lift the left leg out to the side and back maintaining tension on the band. Circle the arm around every 4 leg lifts.

Cue: Legs are parallel. Keep the shoulders over the hips. The side leg lift is small. The exercise is a challenge for the glutes on the standing leg.

Reps: 1 x 8

Bent Knee Side Leg Lift

Stand on one end of the band with the right foot. Cross the band over the body and hold the band in the right hand. Lift the left leg out to the side and back maintaining tension on the band. Bend the right leg and pulse the left leg out to the side.

Cue: Legs are parallel. Keep the shoulders over the hips. The side leg lift is small. This exercise is a challenge for the glutes on the standing leg.

Reps: 1 x 8

Arm Sweep in Parallel 2nd

Step to a wide lunge with the band still under the right foot and the right hand holding the band. Left hand on the hip. Sweep the right arm around and rotate to the left and lengthen the right side. Return and repeat.

Cue: Keep the lower body stable with weight equal on both legs. The torso can pitch slightly forward in the rotation.

Reps: 1 x 8

Repeat Overhead Triceps in Lunge, Side Leg Lift w/ Arm Circle, Bent Knee Side Leg Lift, and Arm Sweep in Parallel 2nd to the left.

Cardio 2

Triple Step/ Rock Step

Step right and perform a side gallop. Step the right foot out and cross the left leg behind. Repeat traveling to the left. During the gallop the arms are bent. The elbows are in and hands are by the shoulders with the palms facing in. During the cross behind the arms lengthen down with the palms facing out in a jazz hand.

Cue: Keep the mid back engaged and torso stable. Hands can stay on the hips if needed.

Reps: 1 x 8 Can add directional changes of facing side to side

Block 3

Hip Flexor Stretch to Triceps Dip

Start in a quadruped position. Hands under shoulders and shoulder width apart. Knees under hips. Step the right foot forward to the front corner of the mat into a lunge. Reach the leg back to an arabesque position. Bend the elbows and straighten. Repeat.

Cue: Use the abdominals to assist bringing the leg forward to the lunge. Keep the hips and shoulders square in the triceps dip. Keep the shoulders wide during the triceps dip. Don't allow the shoulder to sink.

Reps: 1 x 8 , 8 triceps dips.

Side Kneel Arm Circle

From a quadruped position with the hands under shoulders and shoulder width apart. Knees are under hips. Rotate to the left hand and knee. Extend the right leg out to the side in a side kneeling plank. Circle the right arm overhead and around. Transition through quadruped and repeat on the other side.

Cue: The hand is directly under the shoulder. Avoid hyper extending the elbow. Press away from the floor with the hand and knee. Hips face forward in the side kneel with the toe in line with the hip.

Reps: 2 sets right and left

Pilates Side Leg Kick

Hold the last Side Kneel Arm Circle. Place the left hand behind the head and extend the left leg up to hip height. Kick the leg forward with a flexed foot. Sweep the leg back pointing the foot. Repeat.

Cue: Hips and shoulders are square to the front. The leg stays at the same height throughout. Press away from the floor with the stabilizing arm and leg. Avoid hyperextending the elbow.

Reps: 1 x 8

Front Corner Leg Circles

Transition from the Pilates Side Leg kick by turning the torso to the mat. The right arm comes down to the forearm and the left arm stays straight. Circle the leg from the back to the front corner of the mat. Tap the toe down then lift the leg back up and circle it back to arabesque.

Cue: Press away from the floor to create stability. Keep the abdominals engaged. The hips are slightly open but the circle comes from the rotation of the femur in the hip joint and not from the back over arching.

Reps: 1 x 8 2cts each way.

Kneeling Reach and Pull

Begin in a tall kneel with the arms long by the sides. Contract the abs to create a c curve and sit back towards the heels. The arms reach forward at shoulder height. Return to a tall kneel and return the arms long by the sides.

Cue: Round the back by engaging the abdominals. Engage the glutes to return to the tall kneel.

Reps: 1 x 8

Repeat Hip Flexor Stretch to Triceps Dip, Side Kneel Arm Circle, Pilates Side Leg Kick, Front Corner Leg Circles, Kneeling Reach and Pull on the other side.

Karate Kick

Begin from a quadruped position with the hands under shoulders and shoulder width apart. Knees are under hips Lift the right leg up and kick to the side. Bend the knee to bring the leg back under. Repeat same side.

Cue: Press away from the floor to create stability. Avoid collapsing through the shoulders. Keep the abdominals engaged.

Reps: 1 x 8

Hovering Booty Hips

Begin on the knees with the hips hovering away from the feet. Swing the hips from right to left as the arms flick side to side overhead.

Cue: Use the obliques to create the side to side motion of the hips.

Reps: 1 x 8 sets

Modificaton: Booty Hips in a bridge position.

Repeat Karate Kick and Hovering Booty Hips on the other side.

Block 3 with Band

Sideline Leg Lift

Cues: Maintain square hips and shoulders. Foot in line with hip. Place band under supporting knee and press supporting hand away from the floor to maintain shoulder stabilization. Opposite foot presses into band and top arm holds band with palm facing down to floor. Instruct to adjust band resistance as needed. Keep arm and leg in sideline as they lift and lower.

Reps: 1x8

Knee to Chest with Tricep Ext

Cues: Maintain height of the leg as the knee bends. Elbow stays in place as the arm bends behind head and straightens. Keep torso square.

Reps: 1x8

Quadruped Arabesque and Leg Circles

Cues: Square torso to floor. Cue glutes to lift the leg. Engage abs to stabilize low back. Press away from the floor with hands/arms to maintain shoulder stability.

Reps: 2x8 in both directions

Pilates Side Leg Kick with Band

Cues: Maintain square hips/shoulders and neutral pelvis. Press foot into band and flex foot/leg forward at hip height. Extend leg and point foot behind hip using glutes and hamstrings. Low back/pelvis is stabilized by engaging abs. Keep chest and top elbow open with hand behind the head.

Reps: 1x8

Quadruped Super Hero with Band Prep

Cues: Maintain square hips and neutral pelvis. Draw shoulder blades down when extending the arm in front of body then out to diagonal. Lift opposite leg behind and optional out to diagonal with arm.

Reps: 1x8 Prep and 1 x 8 leg and arm Lifts

Quadruped Super Hero with Band

Cues: Band under the same knee as the arm extended in front, knees are directly under the hips. Arm at shoulder height, as you move the arm to the side of the body it must stay in your peripheral view. Draw the shoulder blades down for you initiate movement.

Reps: 1 x 8

Kneeling Lunge with Open Rotation

Cues: Kneeling with band under knee, opposite leg extended behind and resting on ball of the foot. As the arm reaches up and opens rotation comes from torso. Press through back heel and push away from floor with supporting hand.

Reps: 1x8

Block 4 with Weights

½ Roll back

Sit with the legs bent and together. Arms are reaching forward at shoulder height holding the weights. Roll half way back and return up staying in a c curve.

Cue: Maintain a c curve. Keep the arms at shoulder height.

Reps: 1 x 4 4cts down and up, 1 x 4 2 cts down and up.

½ roll back w/ Triceps and Leg extension

Sit with the legs bent and together. Arms are reaching forward at shoulder height holding the weights. Roll half way back and bend the elbows into a triceps curl. Roll all the way up. Extend the arms and extend the right leg up. Repeat and extend the left leg.

Cue: Maintain a c curve on the roll down. Keep the arms at shoulder height. Keep the elbows still in space during the triceps extension. If the hamstrings are tight the leg can stay bent during the leg extension.

Reps: 1 x 8 alternating right and left. 4cts down and up.

½ roll back w/ Triceps to V Sit

Start in a V Sit balanced just off the sitz bones. Arms are reaching forward at shoulder height. Roll half way back and bend the elbows. Extend the elbows and roll back up to a V sit.

Cue: Use the abdominals to control the roll down and up. Keep the elbows still during the triceps bend and press.

Reps: 1 x 8

Biceps Curls with Toe Taps

Maintain the V sit and tap one leg down at a time in a march. Bend the elbows as one leg taps down and straighten as the other leg taps.

Cue: Maintain the abdominal engagement as the toes tap to stay balanced off the sitz bones. Lift the chest to keep the mid back engaged as the arms biceps curl.

Reps: 1 x 8

Abducting Ab Curls

Begin laying supine with the legs in a diamond and the elbows by the waist. Externally rotate the arms and open the legs to a V. Curl the head and shoulders up. Return the legs to a diamond and the arms in to the sides as the head and shoulders lower down.

Cue: Maintain the external rotation of the legs. Keep the elbows close to the waist to facilitate the external rotators of the shoulder.

Modification: Head down if there is too much tension/discomfort in neck.

Reps: 1 x 8

Ab Curl w/ Criss Cross Arms

Begin laying supine with the legs in a V. Curl the head and shoulders up and reach the arms through the legs. Criss cross the arms over each other. Every two criss cross of the arms flex the feet and then point.

Cue: Reach the arms long. The criss cross is small and the arms alternate. Pull the navel to the spine and maintain the engagement of the deep abdominals to create stability.

Modification: Head down if there is too much tension/discomfort in neck.

Reps: 1 x 8

Seated Teaser w/ Arm Circle

Legs are at tabletop and the upper body is curled up. Roll up. Place the left foot on the floor and extend the right leg up. Hands hold the ankle. Rotate the body to the right and circle the right arm down and around 2 x. Return the legs back to the V sit. Roll down keeping the legs at tabletop and the upper body curled up. Repeat the sequence on the other side.

Cue: Control the roll up and down by keeping the abdominals engaged. The extended leg can remain bent if the hamstrings are tight.

Reps: 2 sets alternating right and left

Criss Cross Bicycle

Legs are at tabletop with the upper body curled up. The hands are behind the head. Reach the left leg out and the right knee in then straighten the leg to the ceiling. Scissor the legs. Bend the left leg in and up to the ceiling. The upper body is rotating towards the leg that bends in.

Cue: Reach the armpit not the elbow towards the opposite knee coming in. Maintain the height of the torso from the floor by keeping the abdominals engaged. The rotation comes from the spine. Avoid rocking or side bending.

Reps : 1 x 8

Criss Cross Scissors

Legs are at tabletop with the upper body curled up. The hands are behind the head. Reach the left leg out and the right leg to the ceiling. Scissor the legs. The upper body is rotating towards the leg that bends in.

Cue: Reach the armpit not the elbow towards the opposite leg coming in. Maintain the height of the torso from the floor by keeping the abdominals engaged. The rotation comes from the spine. Avoid rocking or side bending.

Reps : 1 x 8

Knee Taps to Mini Down Dog

Begin on the forearms in a plank position. Bend the right knee towards the floor and then left. Repeat. Press down through the forearms and lift the hips up and back into a downward dog position. Return back to a plank.

Cue: The elbows are directly under the shoulders. Legs are adducted. Press away from the floor with the forearms. Pull the navel to the spine throughout the exercise.

Reps: 1 x 8

Side Obliques with Leg Lift

Turn to the side. Stay on the forearm and reach the other arm overhead as the hips lift and the top leg lifts to hip height. Return down with control and repeat.

Cue: Hips and shoulders are square to the front. Elbow is directly under the shoulder. Press away from the floor with the arm and bottom leg. The leg that is lifting is in line with the hip and shoulder.

Reps: 1 x 8

Childs Pose to Plank

Start in a child's pose. Propel the body forward into a half plank position. Lift the knees to come to a full plank. Lower the knees and return to a child's pose.

Cue: Keep the abdominals engaged to stabilize the low back. press away from the floor with arms to stabilize the shoulder girdle.

Reps: 1 x 8

Plank Moguls

Start in a plank position with the inner thighs squeezing together. Rotate through the hips and twist the legs one side to the other using a small controlled jump.

Cue: Keep the abdominals engaged to stabilize the low back. press away from the floor with arms to stabilize the shoulder girdle.

Reps: 1 x 8

Block 5

Warrior 3 to Inverted Arabesque

Start standing with legs together. Step the right leg back into a bent knee lunge. Rotate the torso from one side to the other 4x. Pitch the body forward into a long line from head to toe. Arms reaching forward in a Warrior 3 pose. Standing leg is bent. Reach the arms down to the floor and invert the torso to look towards the standing leg. The other leg reaches up towards the ceiling. Rotate the hip open and close 4x. Bring the leg down and roll up. Repeat other side.

Cue: In the lunge the knee is in line with the hip. In warrior 3 the hips and shoulders are square to the floor. If the hamstrings are tight the standing leg can stay bent during the hip open and close phase.

Reps: 1x right and left

Up Dog/Down Dog to Camel

Start in a downward dog position. Transfer to a plank. Lower the knees, press through the arms and lift the chest into updog. Press back into a plank. Lower the knees and transfer back into a tall kneel. Reach the hands back and touch the ankles, arch the back into camel pose. Repeat the sequence.

Cue: Press away from the floor with the hands and feet to create stability. In downward dog and plank keep the abdominals engaged and the spine neutral. Pull the abdominals in to support the low back during updog and camel.

Reps: Entire sequence 2x

Down Dog Arm Taps

From a downward dog position reach one arm back to the opposite ankle. Tap and return. Repeat with the other arm.

Cue: Press away from the floor with the hands and feet to create stability. In downward dog and plank keep the abdominals engaged and the spine neutral.

Reps: 1 x 8

Mermaid

From a downward dog position transition to the floor into a mermaid pose. Stretch to one side sweeping the arm overhead. Stretch to the other side sweeping the other arm overhead. To transition to the other side return up to downward dog and turn to the other side and lower to floor.

Cue: Press away from the floor with the arms to lower down with control. Imagine being in between two walls for the side bends. Elbow is in line with the ear.

Reps: 1 x 4 alternating side bend right and left. Transition through downward dog to the other side.

Bend/ Extend and Roll Downs

Stand with the legs together. Bend the knees and round the spine. Extend the legs straight, open the arms out to the side and overhead while lifting the chest up. Then roll down and up.

Cue: Avoid hyperextending the knees during the roll downs. If hamstrings are tight keep the knees bent.

Reps: 1 x 4 bend and extend. 2 – 4 roll downs.

