



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

Block 1

Plie's Rotation into Lunge

Begin in 2nd position plie. Turn to right in a lunge. Round the spine in a contraction as the arms reach forward. Return to 2nd position. Turn and lunge/contract to the left. Keep alternating sides.

Cues: engage the abdominals to contract the spine.

Reps: 1x8 alternating

Lunge w/Arm Circle

Begin in 2nd position. Turn to the right in a lunge. Circle the left arm down and around returning to 2nd position. Repeat left.

Cues: Reach down in the arm circle. Shoulders are over hips in the 2nd position.

Reps: 1 x 8 Alternating.

Contract into Releve

Begin in 2nd position plie. Reach arms up to 5th position overhead as the heels lift into a releve.. Lower the heels and round the body forward as the arms reach forward. Repeat the set. .

Cues: Engage the abdominals to contract the spine.

Reps: 1 x 8 sets

Swing Arm in 2nd

Begin in 2nd position. Reach right arm back while rotating the torso. Switch arms and rotate left. Continue to alternate.

Cues: Rotate along the midline. Maintain the knees over the feet.

Reps: 1 x 16

Cougar pulses/Extend and Bend

Cues: press the thighs back to maintain the knees over the feet

Reps: 1 x 8 each

Hands Behind Back Hamstring Stretch

Hold 8 counts

Step Touch

Legs are externally rotated. Step to the right and touch the left foot in front of the right. Step to the left and touch the right foot in front of the left. The right foot then reaches out and touches back. Reaches out and touches front again. Repeat the sequence.

Cues: Keep the legs externally rotated. Keep the shoulders over the hips.

Advanced modification: Leg is off the floor at 45 degrees. The tap becomes a coupe.

Reps: 1 x 8 same side.

Plies Front, Side. Back

Right foot is in an externally rotated demi point. The left leg is in an externally rotated plie. The right foot travels out into a plie to the front, side and back. Then the foot taps in behind the left, The right foot travels back to the front reversing the order of the plies.

Cues: Transfer the weight onto both feet during the plie. Maintain the shoulders over the hips.

Advanced Modification: add a releve when the foot returns in to front and back.

Reps: 1 x 4 sets

Degage and Releve

Begin in 3rd position. Releve 2x then brush front foot out to the side. Close back and repeat sequence.

Cues: Maintain shoulders over hips. Leg and feet brush diagonally side.

Advanced modification: Brush the foot 45 degrees off the floor.

Reps: 1 x 8

****Repeat Step Touch, Plies Front Side Back and Degage and Releve on the other side.**

Cardio 1

Ski and Shake

Ski move to the side x 2 then transfer from one for to another “shake” x 4.

Cues: Start off small then gradually increase the intensity of the move

Reps: Move for two minutes

Block 2

Arabesque tap forwards and back

Start standing on the right leg with band under foot and holding the band in the opposite hand at just below shoulder height. Supporting leg is bent with the back leg lifted in arabesque. Tap the lifted leg forwards and back as you move the arm to the side and back to the front.

Cues: Keep the hand with band under shoulder height and supporting knee is always bent. Depress the scapular and focus on stabilizing the shoulder joint.

Reps: 1 x 8

Thumbs up lunge to Curtsey

Step out to side into a lunge with the thumb facing upwards, toes are pointing forwards. Step back into a curtsey position with hand at shoulder height in front of the body and palm facing inwards.

Cues: Your scapular is depressed as you externally rotate at the shoulder joint. For shoulder issues keep the hand under the shoulder joint.

Reps: 1 x 8

Rotational Curtsey

Starting in a curtsey position with the pelvis forwards and rotate your torso and reach the hand across the body. Other hand is on the hip for support.

Cues: Focus on the opposite side to the hand holding the band obliques, your rotating into activating the obliques. Keep both knees bent and the thumb is up.

Reps: 2 x 8 (pulse)

Attitude Lift and Extension

Standing back in an attitude position the arm is extended in front at shoulder height and supporting leg is bent. Lift the back leg in an attitude and at the same time bend your elbow by maintaining the alignment with shoulder. Next extend the leg and arm to tempo.

Cues: Keep the elbow in line with the shoulder and the body pitched forwards to keep the work out of the lower back.

Reps: 1 x 8 (Attitude lift) 2 x 8 Extension of the back leg

****Repeat other side**

Two Kicks into Lunge Behind

Hands in line with the shoulders and bend the elbows keeping them in line with the shoulders. Step back into a lunge as the arms press down to the thighs.

Cues: Reach your hands in opposition so the band is always taught.

Reps: 1 x 8

Figure 8 to Knee

Step out in to a plies as you move the arms in a figure eight then step into either a tap, knee or progressing into an arabesque.

Cues: Reach your hands out in opposition and depress the scapular at all times.

Reps: 2 x 8

Cardio 2

Knee Repeater to Ski

Begin with the left ball of the foot next to the right. Arms are slightly below shoulders. Pull the band taut to create resistance. This activates the stabilizing muscles of the shoulder and mid back. Step back into a lunge then pull the knee up and forward 4 x. Step out and tap opposite foot in. Repeat 3 x alternating sides.

Cues: Keep the band pulled taut.

Advanced modification: Reach the arms overhead during the knee repeater. Reach the arms side to side during the ski steps.

Reps: 1 x 4 sets. Repeat other side. Move for two minutes.

Block Three

Develop to side

Starting in quadruped position with the hands directly under the shoulders and the knees under the hips. Lift the leg up behind the body and extend the leg out to the side then back and around behind the body.

Cues: Keep pushing away from the floor and depressing the scapular. Be mindful not to hike the hip as you extend the leg, focus on keeping length in the side of the torso from your lowest rib to your hip.

Modifications: Develop the leg diagonally back not to the side of the body for less range of motion. For wrist issues you can come down onto your forearms.

Reps: 1 x 8

Attitude lifts

Bend the back knee and keep your hips square to the floor as much as possible. Lift the leg/knee behind the body not any higher than hip height.

Cues: lift the knee behind the body, your body stays still as you move only at the hip joint.

Reps: 1 x 8

Attitude tap

Lift the right leg in attitude and reach with the left arm to tap the foot or shin depending on your shoulder flexibility then place the hand down on the floor.

Cues: Constantly remind your class to push away from the floor and depress the scapular but keep the upper body completely still as you move from the hip.

Modification: If not enough shoulder flexibility, continue with attitude lifts.

Reps: 1 x 8

Froggies

Lift the leg diagonally back up and down then flex the foot, bend and extend knee, pressing through the heel. Keep the leg the same height.

Cues: Small knee bends and think of pressing the energy out through the heel of the foot.

Reps: 1 x 8

Side straddle lift

Leg moves to the side on the floor in a forwards lunge position, arms reach up overhead. Place the hands back on to the floor back into quadruped position, as the leg circles back to touch the floor.

Cues: As you lift the arms over head contract your hamstrings to lift the body to

an erect position.

Reps: 1 x 4-1 x 8

Mermaid to arabesque

Reach to the side as you side bend and open the arms to a quadruped position diagonally forwards on the mat. Bend the elbows pointing behind the body as the body pitches forwards whilst lifting the back leg.

Cues: As you side bend lift up and over keeping distance between the lowest rib and hip bone. Elbows are pointing behind the body as you lower to towards the floor.

Reps: 1 x 8

Arabesque Lift

Lift the leg up and down when in your quadruped position with the elbows bent.

Cues: Hip is slightly open, depress the scapular and reach through the crown of the head.

Reps: 2 x 8

Walking Plank

Start in quadruped position step out one leg out at a time into a plank position. Right, left into plank then right knee, left knee repeat left, right on other leg.

Reps: 1 x 8

****Repeat on other side**

Block 4

Roll into Side Lift

Lay on the side at the front of the mat with the feet slightly in front of the hips. Lift the legs and reach the top arm overhead. Roll to the other side. Top arm returns to the floor for support as the top leg side lifts and lowers 2x.

Cues: Keep the legs together during the roll. Don't allow the arms and legs to drop.

Reps: 1 x 8

Side Oblique Lifts

Slide bottom hand along the floor as the body lifts in a side bend. Slide back out and return to sideline position.

Cues: Keep the shoulders and hips stacked. Engage the top oblique to initiate the side bend.

Advanced modification: Add a leg lift after each slide back to floor.

Reps: 1 x 8 right side, 1 x 8 left side.

Passe Abs

Begin supine with hands behind head. Legs are extended long. Draw the right leg up to passe. The upper body flexes up, rotates toward the passe leg as the passe leg rotates in toward the midline. The upper body lowers as the passe returns to an externally rotated position and slides back down to a straight leg.

Cues: Use the exhale to rotate in. Use the hand as support for the head, Do not pull the head forward. Keep the abdominals engaged as the leg slides back to straight.

Reps 1 x 8right, 1 x 8 left.

Pelvic Tilt Figure Four

Cross the right foot over the left thigh. Draw the legs up into a figure four. Pelvic tilt as the upper body flexes up. Return the legs down with the left leg straightening as the upper body returns to the floor.

Cues: Pelvic tilts are controlled. Engage the deep abdominals by drawing the abdominals in as the pelvis tilts.

Reps : 1 x 8. 1 x 8 w/ figure four toe taps

Double Leg Circle

Lay supine with the legs reaching straight to ceiling and externally rotated. Upper body is flexed up. Lower the legs, open and circle up.

Cue: Lower legs only to where the abdominals can stabilize.

Reps : 1 x 8 in each direction.

V Sit Rotation

Balance just off the sitz bones. The hands hold gently under the thighs. Execute a controlled roll back to the bottom of the shoulder blades. The upper body stays flexed up. Roll back up. Open the arms to one side with palms facing up. The torso rotates with the arms. Return center and repeat with the rotation going to the other side.

Cues: Maintain the curve of the spine during the roll down and up. Think of lengthening the spine during the rotation.

Reps: 1 x 8 alternating sides

V Sit Double Toe Taps

Balance in the V sit position with the hands behind the head, Tap the toes down and up.

Cues: Keep the abdominals engaged during the toe taps to avoid over extension in the low back.

Modification: if stability cannot be maintained tap one foot down at a time.
Hands can also hold behind the thighs.

V Sit Open and Close Series

From the V sit position roll back to bottom of shoulder blades. Keep the upper body flexed up. Open the legs to a V as the arms open to 2nd position. Close back and roll back up.

Cues: Control the roll down by engaging the abdominals and maintain the c curve of the spine.

Modification: Keep the the legs bent and keep the hands on the back of the thighs for support,

Reps: 1 x 8

Prone Single Leg Kicks

Begin prone with the elbows in line with the shoulders and the forearms in line with the upper arms. Think of anchoring the pubic bone and drawing the abdominals up. Bend one leg and kick towards back of leg 2x. Extend back down and repeat other leg.

Cues: Draw the abdominals in and press down through the forearms to avoid collapsing through the lower back.

Modification: Bring the upper body to the floor. Overlap the hands with the elbows out to the sides. Rest the head on the hands if there is any pain or discomfort in the back.

Reps: 1 x 8, 1 x 16 singles alternating with feet flexed.

Breast Stroke Twist

Reach arms in front in a V, Lift the head and upper/mid back. Legs are glued to the floor. Arms reach out to sides then reach back to a V. Then, bend the arms in by the sides, lower the upper body and lift the legs. Repeat the sequence.

Cues: Draw the abdominals in. Head stays in line with the spine. As the legs lift press down through the forearms to avoid collapsing through the lower back.

Reps: 1 x 8

Petit Beats

Keep the arms bent in by the sides. Flutter kick the legs.

Cues: Keep the glutes engaged and legs straight.

Reps: 1 x 16

Prone Froggies

Laying prone bend the knees and squeeze the heels together. Lift the legs and lower.

Cues: Draw the abdominals in and press down through the forearms to avoid collapsing through the lower back.

Reps: 1 x 16

Snake into Childs Pose or Cat Cow to Finish.

***Always flex/stretch spine after extension work.**

Block 5

Side Line into Z Position

Begin kneeling on left knee with the right leg reaching out to the side. Press down through the left arm and reach the right arm up and overhead into a stretch. Sweep the right leg behind into a Z sit position as the arms sweeps through and reaches forward. Sweep the arm down and overhead during the return to the Side line position.

Cues: Press down through the supporting arm to create stability for the the shoulder.

Reps: 1 x 8. Hold Stretch for 8 counts to finish

Rotation Childs Pose into Side Reach

From the side reach position bring the leg in to a child's pose position, reach Reach both arms to the floor in a diagonal stretch.

Cues: Press down through the supporting arm to create stability for the the shoulder

Reps: 1 x 8, Hold the stretch for 8 counts. Add a few weight transfers forward and back to finish.

Cross Hip Stretch

Begin in a seated position. Cross one leg over. Hands are internally rotated and supporting behind the body. Twist the legs from one side to the other.

Cues: Cues: Press down through the arms to create stability for the shoulder.

Reps: 1 x 8 alternating sides

Bend and extend/ Torso Swings

Transition to feet. Body is rounded forward in a little ball and the hands are on the floor for support. Bend and extend the legs for a hamstring stretch. Open the legs to hip distance. Gently swing the arms and torso side to side as the spine rolls up.

Chest opener

Place the hands behind the head. Contract the spine forward. Elbows come in towards each other. Open the elbows and chest.

Cues: keep the abdominals engaged to avoid over arching he back.

Reps: 1 x 8

Oblique Rotation Stretch

Cross the left leg over the right. Place the left hand behind the head and the right arm wraps around the waist. Rotate to the left and gently pull the right hip towards the right.

Cue: breath as your rotate. Think of the whole spine rotating rather than a twist in the middle.

Swing Arms

Feet are hip distance apart. Swing the arms/torso forward and up to release any tension in the body.

Reps: 1 x 8. Can add a few roll downs to finish.

