



bbarreless[®]
do you dare to go barreless!?

Workout 5

Block 1

Plies in 2nd Position

Begin in 2nd position. Plie and straighten.

Cue: Knees over 2nd toes. Shoulders over hips.

Reps: 1 x 8

Figure 8 Plies

Round the back as the arms curve forward and back in a figure 8.

Cue: Keep the knees over the toes.

Reps: 1 x 8

Arm Sweep w/ Lunge

Reach the arm across the body as the legs lunge side to side. Other hand is on the hip.

Cue: just move and have fun!

Reps: 1 x 8 right. 1 x 8 left

Forward Bend Reach Up

Reach the arms overhead. Bend forward. Place the hands on the floor bend the legs in a low squat. Reach arms forward and return up.

Cue: Keep the knees over the toes. Flat back to reach down and up.

Modification: Reach half way down. Hands on thighs for support.

Reps: 1 x 4

Triple Curtsey w/ Booty Hips

Curtsey left leg back as the arms sweep forward. Open the arms and legs to 2nd position. Complete the curtsey 3x then swing hips right and left. Repeat other side.

Reps: 1 x 8 alternating sides

2nd Position Pulse w/ Present

Plie pulse 3x then sweep arms forward and out as the legs releve.

Reps: 1 x 8

Attitude Swing w/ 4th Position Releve

Start in a curtsey with the opposite arm rounded in front. Brush the foot through 1st position to an attitude front. After the 3rd time releve in 4th position. The arms reach overhead. Bend the legs and reach the arms to the floor.

Cue: Brush the foot on the floor. Maintain external rotation.

Modification: Reach hands to the thigh instead of all the way to the floor.

Reps: 1 x 8

Attitude Extend and Bend

From the curtsey position transfer in attitude back . Hands can help stabilize by pressing against the standing leg. Extend the leg and bend.

Cue: Keep the leg low and the hips square.

Reps: 1 x 8

Coupe Reach and Slide

With the legs externally rotated slide the ball of the back foot in to the back of the standing leg ankle. The opposite arm swings forward. Slide the leg straight back and bend the standing leg. The body pitches forward and the same side arm reaches forwards.

Cue: Keep the torso and hips square. Reach through the head and maintain a long spine.

Reps: 1 x 4 slow, 1 x 8. Repeat left leg.

Repeat Attitude Swing, Extend and Bend, Coupe reach and Slide to the other side

Side Lunge to Side Leg Lift

From 2nd position side lunge to the right. Right arm sweeps overhead. Left arm sweeps under. Push away from the floor with the right foot. Lift the right leg up to the side.

Cue: Maintain the shoulders over hips.

Modification: Tap the toe to floor instead of lifting the leg.

Reps: 1 x 4 arm over. 1 x 8 arm crossing

Walks w/ Hip Swings

Reps: 4 counts walk forward, 4 count hip swing. 4 counts walk back 4 counts hip swing. Repeat.

Cue: Just move and have fun!

Cardio 1

Triple Step w/ Overhead Arm Sweeps

Travel side to side. Arms reach up and over moving in the same direction as the body is traveling.

Cue: don't be afraid to travel.

Modification: arms low or on the hips for shoulder issues.

Reps: 1 x 4 slow. 1 x 16 , 1 x 16 singles. Repeat the sequence.

Duration: 2 minutes

Block 2

Present w/ Releve

Begin in 1st position. Elbows bent and in line with the waist. Reach the arms out on the diagonal as the feet releve. Return the arms back in and lower the feet.

Cue: Zip up from the heels to the navel when lowering the heels back down

Modification: no releve

Reps: 1 x 8, 1 x 8 double time

Plie Biceps to Releve Overhead Reach

Plie in 1st position and extend the arms down. Straighten the legs and biceps curl the arms. Reach the arms overhead as the feet releve. Lower the heels and bend the arms back in.

Cue: Slide down and up an imaginary wall in order keep the shoulders over the hips.

Reps: 1 x 8

Triceps Back with Curtsey

Step back into curtsey as the arms extend back in a triceps press. Step back to first position plie. Repeat with the other leg.

Cue: Pull the abdominals in and up to support the lower back. Keep the chest lifted and mid back engaged during the pitch forward.

Reps: 1 x 8, 1 x 8 in 2nd position w/ pitch

Clear the Shelf w/ Booty Hips

Transition into 2nd position with the arms reaching out to the sides at shoulder height. Bend and extend the arms in and out as the hips swing side to side.

Cue: Keep the arms at the same height.

Reps: 1 x 16

Lunge w/ Arm Reach Forward

Transition to parallel legs together. Step right leg back into a lunge. Same arm reaches forward to shoulder height. Repeat other leg and arm.

Cue: Pull the abdominals in and up to support the lower back. Keep the chest lifted and mid back engaged.

Reps: 1 x 16

Arm Reach w/ Transfer Arabesque

From the lunge transfer forward into a low arabesque. The arm reaches forward in the lunge and back in the arabesque.

Cue: Keep the chest lifted and the hips and shoulders square

Modification: Tap the toe to the floor instead of a lift in arabesque

Reps: 1 x 8

Repeat Lunge and arabesque transfer on other side

Arm Circles in Releve

Bring the legs together in a squat. Pitch the body slightly forward. Circle the arms front to the back and reverse.

Cue: Pull the abdominals in and up to support the lower back. Keep the chest lifted and mid back engaged.

Reps: 1 x 4 then 1 x 4 reverse direction. Repeat

Triceps w/ Forward Bow

The torso is pitched forward. Extend the right leg to the front. Extend and bend the arms as the leg lifts and lowers.

Cue: Think of the abdominals helping to lift the leg. Pull the abdominals in and up to support the lower back. Keep the chest lifted and mid back engaged.

Reps: 1 x 8. Transition to other leg 1 x 8. Repeat sequence

Lunge Reach Across w/ Leg Lift

Side lunge to the right. Right arm sweeps across . Push away from the floor with the right foot. Lift the right leg up to the side as the right arm sweeps back open to the side.

Cue: Maintain the shoulders over hips.

Modification: Tap the toe to floor instead of lifting the leg.

Reps: 1 x 8 right. 1 x 8 Left

Parallel Passe w/ Offering

Right leg in parallel passe. Arms are bent with elbows in line with the waist . Extend the arms and leg forward then return back in.

Cue: Press down through the standing foot. Keep the chest lifted.

Reps: 1 x 8 right. 1 x 8 left

Arabesque Biceps Curl

Turn the body to the left on a diagonal. Extend the right leg back to arabesque. Biceps curl with the elbows by the waist.

Cue: Keep the shoulders and hips square. Chest is lifted. Standing leg is actively bent.

Modification: arabesque with the toe touching the floor.

Reps: 1 x 8

Overhead Reach w/ Arabesque

Lift the leg up in arabesque as the arms reach overhead. Lower the leg and draw the arms back down.

Cue: Biceps are by the ears during the overhead reach. Standing leg is actively bent.

Modification: arabesque with the toe touching the floor.

Reps: 1 x 8

Repeat Arabesque Biceps Curl and Overhead reach on the other side

Block 3

Side Line Leg Lift

Begin in a kneeling side line position. Hand is directly under the shoulder. The other arm reaches overhead. Lift and lower the leg.

Cue: Hips and shoulders are square and open to the front. Toe is in line with the hip and shoulder.

Modification: If there are knee or wrist issues come down to the mat on the forearm and hip.

Reps: 1 x 8

Side line Pulse w/ Hip Rotation

Place the hand behind the head. Rotate the torso towards the floor and then rotate open. Simultaneously pulse the leg 4x down and 4x open.

Cue: Think of the hip bones like head lights shine down and then out. Press through the stabilizing arm.

Reps: 1 x 4

Side Leg Lift w/ Arm Reach and Tap

Reach the arm overhead and simultaneously tap the toe to the floor. Lift the leg and bring the arm down to tap the side of the thigh. Reach the arm back overhead as the toe taps down to the floor.

Cue: Imagine being in between two panes of glass. Keep the body open and the toe in line with the hip and shoulder. Push away from the floor with the stabilizing arm.

Reps: 1 x 16

Side Stretch to Side Leg Lift

From the side line position bend the leg in, reach the arm overhead and sit to the heels. Press through the through the stabilizing arm and leg and return to the side line position.

Cue: Reach the arm out and towards the floor to create a side stretch. Press away from the floor with the hand to maintain shoulder stability.

Reps: 1 x 8

Quadruped Ball Roll w/ Leg Lift

Transition into a quadruped position. Hands directly under shoulders. Knees under hips. Ball under the right hand. Roll the ball away and lift the left leg in arabesque. Lower the leg and roll the ball back in.

Cue: Engage the abdominals to support the spine. Press away from the floor to create stability.

Reps: 1 x 8

Ball Press w/ Arabesque Pulses

In the quadruped position lift the leg to arabesque. The arm is extended out with the ball under the hand. Pulse the leg and simultaneously press and release on the ball.

Cue: Engage the abdominals to support the spine. Press away from the floor to create stability.

Reps: 1 x 16 pulses

Ball Press w/ Cross Lift Arabesque

In the quadruped position cross the leg behind and lift back to arabesque.

Cue: Maintain a neutral pelvis. Engage the abdominals to support the spine. Press away from the floor to create stability.

Reps: 1 x 8

Modification for the entire quadruped series is to work from the forearm position on the stabilizing arm.

Repeat Side Line Leg Lift through Ball Press w/ Cross Lift Arabesque on other side

Hip Roll w/ Cross leg Ball Squeeze

Lay supine with the legs bent. Feet in line with the sitz bones. Squeeze the ball behind the right knee and cross the right foot over the left knee. Roll through the spine and back down.

Cue: Press through the arms to create stability.

Reps: 1 x 8, 1 x 8 pelvic tilts

Toe Dips

Lift the hips and bring the right leg to tabletop. Tap the toe towards the floor and back up.

Cue: Press through the stabilizing foot and the arms.

Reps: 1 x 8

Hamstring Pulse

Bring the leg up to tabletop. Flex the foot and squeeze the ball.

Cue: Press through the stabilizing foot and the arms.

Reps: 1 x 16

Hip Opener w/ Hip Lift

Cross the right foot over the left knee. Press the knee to the side. Roll up through the spine and back down.

Cue: Press through the stabilizing foot and the arms.

Reps: 1 x 8, 1 x 8 pulse

Bridge Ball Squeeze w/ Arm Circles

Lay supine with the knees bent . Squeeze the ball between the inner thighs and lift the hips.. Circle the arms for 8 squeezes.

Cue: Press through the feet. Keep the hips lifted throughout the exercise.

Reps: 1 x 2, 1 x 2 reversing arms

Repeat everything to the other side

Cardio 2

Lateral Pendulum Blast

Kick legs side to side then kick back.

Cue: begin at slower pace to teach the sequence.

Reps: 1 x 8 6 lateral pendulums, 1 step kick back alternating sides

Duration: 2 minutes

Block 4

Z Sit Front Push up w/ Attitude Lift

Begin seated with the legs in a Z position. Pitch the body forward with the hands on the floor. Bend the arms and lift the back leg off the floor. Push up, reach the arms to the front and return the leg to the floor.

Cue: Shin is parallel to the front of the mat. Use the glutes not the back to lift the leg.

Reps: 1 x 8 2 counts down, 2 counts up

Z Sit Side Push Up w/ Side Leg Reach

Begin seated with the legs in a Z position. Pitch the body side with the same side hand on the floor. Bend the arm and lift the back leg off the floor. Extend the leg and same arm to the side then bend back to attitude. Push up and return the leg to the floor.

Cue: Shin is parallel to the front of the mat. Use the glutes not the back to lift the leg.

Reps: 1 x 8 2 counts down, 2 counts up

Single Knee Side Plank

Stay in the side bend position with the forearm on the floor and the leg extended side. Lift and lower the hip.

Cue: Depress the shoulder and press away from the floor with the supporting arm.

Reps: 1 x 8 2 counts up, 2 counts down. 1 x 8 hip pulses

Repeat Z sit to Single Knee Side Plank on other side

Diamond Sit w/ Rotation and Reach

Sit with the legs in a diamond position with the arms reaching forward. Roll ½ way back. Rotate right and left then roll back up reaching the arms overhead.

Cue: Create a c curve in the roll back. Rotate through the center. Avoid side bending.

Reps: 1 x 8 alternating right and left

Diamond Sit Roll Back and Reach

Sit with the legs in a diamond position with the arms reaching forward. Roll ½ way back then roll back up reaching the arms overhead.

Cue: Create a c curve in the roll back.

Reps: 1 x 8

Diamond Sit in C Curve w/ Toe Taps

Sit with the legs in a diamond position with the arms reaching forward. Roll ½ way back. Hold the thighs with the hands. Lift and lower one leg at time.

Cue: Maintain the C curve as the legs lift and lower. Keep the shoulders relaxed.

Reps: 1 x 8 alternating legs

Overhead Arm Sweep in a Straddle

Transfer the legs from a diamond to a straddle. Reach the arms over head. Sweep side to side 3x then hold on 4.

Cue: Keep the legs rotated and toes pointed.

Reps: 1 x 8 alternating right and left.

Diamond Leg Extension w/ Ab Curl

Start supine with the legs in a diamond. Arms overhead. Reach the arms up and forward. Nod the chin and lift the head and upper back off the floor. Extend one leg out on the diagonal then return to the diamond and lower the upper body down.

Cue: Draw the navel to the spine to engage the transverse abdominis.

Reps: 1 x 8 alternating right and left

Diamond Leg Extension w/ Roll Up

Start supine with the legs in a diamond. Arms overhead. Reach the arms up and forward. Nod the chin and roll up. Extend one leg out on the diagonal then return to the diamond and lower the upper body down.

Cue: Draw the navel to the spine to engage the transverse abdominis.

Reps: 1 x 8 alternating right and left

Ab Curl w/ Air Clams

Start with the legs at tabletop and the curl the upper body off the floor. Open and close the knees.

Cue: Draw the navel to the spine to engage the transverse abdominis.

Reps: 1 x 4 slow, 1 x 8

Single Leg Stretch

Start with the legs at tabletop and the curl the upper body off the floor. Extend one leg out then switch legs.

Cue: Maintain the upper curl. Think of reaching the toes out into space.

Reps: 1 x 8 sets

V Sit Balance w/Monkey Arms

Roll up to a V sit. Scissor the arms

Cue: Keep the abdominals engaged and the shoulders relaxed.

Reps: 1 x 8

Walking Legs with Monkey Arms

Bring the legs down to the floor. Slide one leg out straight and then switch. Arms continue to scissor.

Cue: Draw the navel to the spine to engage the transverse abdominis

Reps: 4 counts down, 4 counts up 1 x 4

Block 5

Downward Dog

Start standing. Roll down and walk out to downward dog

Cue: Press through the hand. Heels reach to floor. Keep the head and neck relaxed.

Reps: Hold for 2 to 4 breath cycles

Plank Cross and Reach

Walk out to a plank position. Cross one leg under and through to the other side. Lift the opposite arm off the floor. Rotate the torso open and reach the arm up.

Cue: Press through the hand. Press through the feet to lift through the hips.

Reps: 1 x 4

Swan/ Upwards Dog

Transition all the way down to prone. Press up through the arms and extend through the back.

Cue: Keep the abdominals engaged to support the lower back. Press down through the hands to create shoulder stability.

Reps: Hold for 2 to 4 breath cycles

Undulating Cat Cow

Start in a quadruped position. Arch the back and sit back towards the heels. Roll through the spine returning to tabletop.

Cue: Keep the abdominals engaged to support the lower back. Press down through the hands to create shoulder stability

Reps: 1 x 4

Kneeling Hamstring Lunge Combo

Begin with right leg forward in a hamstring stretch. Lunge forward and add rotation and arm reach to side.

Cue: Keep the chest lifted and the spine lengthened.

Reps: 1 x 8 right 1 x 8 left. Can do another set with an open rotation of upper body

Forward Bend Shoulder Stretch

1. Walk the feet forward to the hands. Keep the torso flexed forward. Clasp the hands together and extend over.

Cue: Keep the head and neck relaxed. Bend the knees if the hamstrings are tight.

Reps: Hold for 2 to 4 breath cycles

Standing Arm Circles

Roll up to standing. Legs together. Sweep arms in a circle from left to right and return. Then repeat right to left.

Reps: 1 x 4 right, 1 x 4 left

Standing Heart Opener to Prayer

Bring the hands together in prayer position. Send the arms up and opening. Extend the thoracic spine.

Reps: 1 x 4

Roll Down to finish