

CHAIR –BARRE NONE!
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OVERVIEW

Perfect your posture, your poise, and your physique with this ballet inspired workout. Combine elements of a ballet barre workout with the MVe chair and you get a ballet booty guaranteed. Dancers have flocked to Pilates for years and it's time to bring the dance full circle combining the barre work with Pilates spring resistance. Discover long lean muscles, strong hips and inner thighs, inspired abdominals, an upright strong back, with a graceful carriage.

MVe® Basics

- Always use 2 hands to change the springs!
- In general use 1-2 springs when hands are on the pedal, and 3-4 when feet are on the pedal
- Turn the chair by taking it with 2 hands on the pedal side and keeping your body close to the chair
- Always work with control

Chair- Barre None Body Positions

- Standing with and without support of chair
- Seated/ Side Seated
- Supine Reclining
- Prone

WARMING UP

- Limbering the body
- Connecting to the core
- Awakening alignment

SAMPLE DYNAMIC WORKOUT

- Lively Legs
 - Soleus Press
 - Front Leg Combo: Press, Releve, Release Pedal
 - Front Leg Pump with pulses
 - Fan Kicks
 - Tendon Stretch to Pull Ups
- Pump it Up
 - Straight Leg Hip Extension
 - Frog Lifts
 - 2 arm press-Swan- Grasshopper
- Sit and Pump
 - Ankle Preps-Pumping Parallel
 - Frog Progression
 - Footwork Arches- Leg Pull Back- Tendon Stretch
 - Supported Pleis
- Stand and Dance
 - Front Leg Pump / Arabesque Combo
 - Back/ Side/ Back/Down Legs
 - Plei Hip Tucks
 - Standing Frog Facing In
- Get Down to It
 - Push Down Combo
 - Front Straight Leg Pump
 - Leg Lifts

- Frog Facing in Arms
- Sitting Pretty
 - Peter Pan-Side Twist Progression-Scissors-Leg Circles
 - Teaser Variations- Can - Can
- Mix It Up
 - X Leg Pump w Releve
 - Side Leg Pump with Curtsy Squat
 - Push Up I- Plank- Star
- Kneeling
 - Chest Expansion-side Pull- Mermaid
 - Leg Lifts and circles
 - Long Back Stretch
 - Horton Hip Tucks-Thigh Stretch- Hip Circles
- Floor Work
 - Hamstring Curls
 - Shoulder Roll Down
 - Supine Frog – diamond crunch
 - XC
 - Teaser Variations
 - Body Wave-Roll Back

COOLDOWN

- Lunges and Stretches
- Splits

*“You’ve gotta dance like there’s nobody watching, Love like you’ll never be hurt,
Sing like there’s nobody listening, And live like it’s heaven on earth.”- William W. Purkey*

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