

# BARRE-LESS

Katie Haggerty and Heather Corndorf

DCAC Fitness Convention

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Equipment: Body Bar, 6" Spri / Bender Ball, Light Hand Weights

DESCRIPTION	
<b>Warm Up</b>	<p>Parallel feet + hands on shoulders            Alternate heel lifts (eleve) - add pointe lift with torso rotation            Releve with Port de Bras            1<sup>st</sup> position feet Plie – add heel lift – releve – lower – add reverse Port de Bras            2<sup>nd</sup> Position feet and arms – add Plie – open and close arms            Plie with Side Stretch – Plie – Stand (alternate sides)            Plie – rotate torso and arms – hold on one side and tap forward and back – swing both arms – add Attitude            Repeat other side from Plie Side Stretch            Step to far side of mat – face into mat            Spinal roll down and up x3            Hold out in Plank – add Passe – Plank – Down Dog (option to add push up on Passe)            Plank – Walk feet to wide squat – stand up releve with arms in 5<sup>th</sup> – step one foot back and sweep arm around</p>
<b>Cardio</b>	<p>Saute Burpee            Parallel squat at end of mat – alternate 2<sup>nd</sup> position plie to front and back of mat with arms – add saute</p>
<b>Upper Body</b>	<p>Feet in 2<sup>nd</sup> position Plie – weights on shoulders – alternate or both biceps curls            Add Scoop with Plie + Releve with biceps curls x2            Arms in 2<sup>nd</sup> draw figure 8 (thumbs down and up) – make it bigger to contract and expand torso with weights            Add Rotation – weight goes low diagonal            “Take a bow” – (feet parallel) sweep weights past hips and lift forward            Parallel feet – Triceps with back leg leg extension            Back flyes with lateral Degage            Transition – lateral raise into high V – lower into tuck squat</p>
<b>Lower Body</b>	<p>Ball in between thighs, parallel (optional heels on weights) – hold Plie – add ball squeeze            Stay in Plie and pull elbow to hip with lateral pelvic tilt            Place ball on top of body bar in 1<sup>st</sup> position plie with tendu back, add small leg lifts            Place ball behind knee and pulse attitude to Passe stand tall            Transfer back to Plie on weights and repeat other side</p>
<b>Full Body</b>	<p>Curtsy → Tendu transition to Passe (gradually add bar) → add rotation            Add side Lunge → Passe → Curtsy with Rotation → Passe            Side Lunge (dip bar to floor – touch end to floor) → Passe → Arabesque (sweep bar past hips)            Alternate Passe with switch hand position on bar            Repeat other side            Alternate Side Lunge with balance Passe (switch hand position on bar)</p>
<b>Cardio</b>	<p>Single tap with arms sweep            One side Arabesque Saute with step back (play with arms and legs)            Single tap and repeat Arabesque Saute on other side            Alternate Chasse, add Arabesque Saute (play with arms and legs)            Recover – step → Curtsy            Lateral jete (lateral leaps)</p>
<b>Mat Work</b>	<p>Ball core – ball in lower back – flexion/ extension → add knee lift with rotation            Lie on ball under sacrum – legs up wall → add leg lower and lift → add frogs            Bridge with ball in between thighs</p>
<b>Stretch</b>	<p>Final series of stretch sequences focused on increasing AROM of major joint structures and incorporating a final stretch challenge</p>