

BARRE-LESS

Katie Haggerty and Heather Corndorf

DCAC Fitness Convention

August 9, 2015

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

DESCRIPTION	
Warm Up	Parallel feet + hands on hips with foot work – supinate, pronate, spread toes, releve Foot articulations –alternate toe flicks in parallel, turn out add alternating heel touch 2 nd position plie – start with hands on hips, sweep arms out and in, add diagonal with arms – add a heel lift Alternate lunges with feet in parallel arms in 2 nd and 1 st Cartwheel arms to floor – extend front leg back add push up – pull back through to lunge and cartwheel down to other side Plie with arm sweep to floor
Cardio	Plie with port de bras – add 2 nd to 1 st – add saute with diagonal arms Alternating step knee with 2 marches (forward leg extension as option) – add releve – add saute with arms swinging forward and back (play with arms) Repeat entire sequence
Upper Body	2 nd position plie – elbows in sides with arm reach – palms rotate down and up Alternate arm reach x4 – alternate sweep arm circle into body (alternate sides) Go back to 2 nd position plie – elbows in sides with arm reach palms rotate down and up Move feet to parallel – arms out to T with palms facing back – plie squat with forward flexion with arms extended back Hold forward flexion – add triceps with palms facing back – add lateral tendu Rond de jambe with arm circles Arm positions 1 st through 5 th – alternate sides – add releve in 1 st position
Lower Body	1 st position turn out – releve heels together – plie and rise – squeeze heels together Hold plie – pulse knees to back – add alternating port de bras low V to high V (optional to pick up bar) Parallel feet with demi plie – extend one leg back with flexed foot (parallel leg) – heel push and hold (extend thru back of knee) – add push through palm (same arm as leg lifted) Diagonal back leg pulse with flexed foot (up/down with hand on hip) Pointe foot with leg adduction – add forward diagonal flick (small, controlled ROM!) – add port de bras Repeat from 1 st position turn out – other side
Full Body	Reverse lunge (parallel feet) with ball under back knee and weights to chest – pick up front heel – back knee adduction on ball – lift and lower one inch in lunge – remove ball – reverse lunge (arms to 5 th) to parallel passe (arms to 1 st) – open turn out passe (arms to 2 nd) – reverse passe – repeat Same leg curtsy with weights in low diagonal – 2 nd plie weights to chest – arabesque diagonal arms up and down – 2 nd plie weights to chest – repeat Repeat other side from Reverse lunge (parallel feet) with ball under back knee and weights to chest
Cardio	Curtsy to arabesque saute – play with port de bras ☺ Lateral triplets with port de bras (throw flowers) Repeat from curtsy on other side Arabesque – curtsy – triplet combo
Mat Work	Abdominals – ball behind back – add port de bras without weights Kneeling on one side – drop ball to floor keeping other arm extended – arm sweep to heel in leg extension – repeat other side Abdominals – ball behind back – add port de bras with weights Place ball in between legs – roll up and reverse roll down with control (knees to nose/squeeze ball)
Stretch	Final series of stretch sequences focused on increasing AROM of major joint structures and incorporating a final stretch challenge