



LeBarre by Jenn Hall

Taking the hottest trend in dance-inspired conditioning, ballet barre training and using a simple cueing methodology suitable for every level of exerciser, Lebert Training Systems (LTS) LeBarre is a workout like no other! Using the portable Lebert Equalizer™ this format combines Balance, Agility, Resistance, active Recovery and Eloquence into a challenging full body workout. Use the exercises alone or in the unique sequencing patterns provided to create an entire LTS LeBarre program! No dance experience or pink tights required!

LeBarre Class Construction

Sweet 6 Warm Up

- Feet, Recruiting Lats/Shoulders, Spine, Parallel to External Rotation, Weight Change, Introduce Cueing Methodology
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B.alance & A.gility

- Standing Barrework in Parallel and External Rotation:
Simple Pattern En Croix: Squats and Taps, Plie Squats and Points
 - Complex Pattern: Adding Lunges and Leg Lifts
 - Transitions: Moving EQ, Traveling Patterns
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R.esistance & Active R.ecovery

- Lunge/1-leg Deadlift Series
 - Push Up series
 - On Ramp to Jumping/Jumps
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E.loquence

- Using the EQ as a Pilates-based floor work apparatus
 - Roll Ups
 - Single/Double Knee and Leg Stretch
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Cool Down

HOW & WHY LeBarre Uses the “EQ”

Balance Tool: The EQ is 28 inches tall so it requires the participant lightly touch it versus gripping it, truly creating a balance challenge while maintaining safety and allowing for agility training

Acceleration Tool: Relying on the EQ to help the participant “push back harder” and help them balance as they return to neutral stance from any downward motion

Deceleration Marker: For squats, lunges, plié squats, curtsy lunges and jumps allowing them a starting point and target for landing as well.

Resistance Tool: Using the EQ as external resistance while working through flowing strength series

Assistance Tool: Using the EQ to help maintain form, execute movements that might otherwise be too advanced and develop sense of assisted balance

Floor Work Apparatus: Using the EQ to enhance form and function or for greater resistance while performing floor work