

beyond barre™

EXERCISE CHART

SKATING PREP

SET UP: Stand at left end of the glideboard. Left foot on the floor up against the Stopper and right foot on the glideboard against Stopper. Slight bend in the knees.
ACTION: Slide out with the entire body (foot, hips and torso). Stop when feet are shoulder width apart. Pause and slide back to the starting position. Switch sides.



GLIDE TO SIDE SPEED SKATER

SET UP: Stand at left end of the glide board, legs parallel and together.
ACTION: Bend right arm into chest while bringing left arm back and to a high diagonal position. Alternate arm positions as you slide from one side to the other.



SKATE TO SIDE CURTSY

SET UP: Stand at right end of glide board, legs parallel and together. Hands lightly on Barre.
ACTION: Slide to left side of glideboard. Cross the right leg behind and place the ball of the foot on the floor behind the left foot. Switch sides.



SKATE TO SIDE DIAGONAL REACH W/BANDS

SET UP: Stand at right end of the glide board, legs parallel and together. Hold the right side Resistance Band Handle in the right hand.
ACTION: Slide to left side of glideboard while reaching the Band diagonally overhead to the left. Switch sides.



SKATE TO SIDE ARCHER W/BANDS

SET UP: Stand at right end of the glideboard, legs parallel and together. Hold the right side Resistance Band Handle in the left hand.
ACTION: Slide to left side of the glideboard while reaching the Band across the front of the body and diagonally up to the left. Switch sides.



SKATING SIDE LUNGE

SET UP: Face the Barre with the left foot on the floor against the Stopper and the right foot on the glideboard. Right hand on the Barre.
ACTION: Slide the right foot across the board while bending the left leg. Stand tall and slide the right foot back to the Stopper. Switch sides.



SKATING BACK LUNGE

SET UP: Stand with the left heel on the floor against the back of the Stopper and the right foot on the glideboard. Right hand on the Barre.
ACTION: Slide the right foot back on the glideboard, keeping the left knee over the ankle; lift back up to standing. Switch sides.



MOUNTAIN

SET UP: Plank position with hands either on Stopper or floor.
ACTION: Lift hips up to the sky while sliding feet forward with straight legs. Return to plank position.



KNEES IN

SET UP: Plank position with hands either on Stopper or floor.
ACTION: Slide feet drawing both knees into the nose. Return to plank position.



MOUNTAIN CLIMBER

SET UP: Plank position with hands either on Stopper or floor.
ACTION: Slide right foot bringing the knee into the nose. Switch legs.



FIRST PLIÉ IN RELEVÉ HEELS KISS

SET UP: Stand on the floor facing the Barre, palms resting lightly on the Barre with bent elbows.
ACTION: With feet in the 1st position rise up onto the balls of the feet to Relevé. Bend the knees to lower, keeping the hips above the knees.



PARALLEL TOGETHER & PLIÉ IN RELEVÉ

SET UP: Stand on the floor facing the Barre, palms resting lightly on the Barre with bent elbows.
ACTION: With feet together rise up onto the balls of the feet to Relevé. Bend the knees to lower, keeping the hips above the knees.



SECOND & PLIÉ IN RELEVÉ

SET UP: Stand on the floor facing the Barre, palms resting lightly on the Barre with bent elbows.
ACTION: With feet in 2nd position rise up onto the balls of the feet to Relevé. Bend the knees to lower, keeping the hips above the knees.



ATTITUDE FRONT

SET UP: Stand on the floor, right side to the Barre, hand resting lightly on the Barre with bent elbows.
ACTION: Extend left leg to the front, turned out with knee bent at a 45 degree angle. Lift and lower the leg tapping the toe to the floor. Switch sides.



ATTITUDE BACK

SET UP: Stand on the floor, right side to the Barre, right hand resting lightly on the Barre with bent elbows.
ACTION: Extend left leg to the back, turned out with knee bent at a 45 degree angle. Lift and lower the leg tapping the toe to the floor. Switch sides.



ATTITUDE SIDE

SET UP: Stand on the floor facing the Barre, palms resting lightly on the Barre with bent elbows.
ACTION: Lift the left leg to the side with knee bent at a 45 degree angle. Lift and lower the leg tapping the toe to the floor. Switch sides.



SHAVING W/BANDS

SET UP: Stand on the floor with back to the Barre with Resistance Band Handles in hands.
ACTION: Press Bands to a high diagonal position. Lower to the starting position.



HUG W/BANDS

SET UP: Stand on the floor with back to the glideboard with Resistance Band Handles in hands.
ACTION: Round arms to front, open arms out to the sides, lower to the starting position.



BICEPS W/BANDS

SET UP: Stand on the floor facing the glideboard with Resistance Band Handles in hands, palms facing front.
ACTION: Curl Resistance Bands towards shoulders, lower to the starting position.



TORSO ROTATION W/BANDS

SET UP: Stand on the floor, facing the Barre with both hands in one Resistance Band Handle, arms straight.
ACTION: Rotate the torso to the left, return to the starting position.

