

Barre – 3/21/2020 – You can use a chair

Warm up 3 -5 minutes

Good mornings – 12 each side

Arms – soup cans or up to 3 lb weights – 16 of each move – bicep pulse up, pulse down, circle in, circle out, cross in front, extend straight out and in, now arms to shoulder height – pulse palms up, pulse palms down, circle front, circle back, over and under, shoulder press together, shoulder press alternate – repeat this set 2 times no rest

Core – all hold 16 counts – forearm plank, forearm plank rock, forearm plank alternate knee drop, alternate hip drop, alternate leg lift, side plank right, side plank left, full plank hold, full plank alternate left life, full plank slow alternate knee pull in, full plank slow alternate knee across

Wide Plie – slow 20, pulse 20, hold 30,(up on toes repeat), alternate heel lifts 16, both heel lifts 16, right heel down 8, left heel down 8 (repeat this 2 times), hold down and press knees out, hold down 16 count

First Position – slow 32, pulse 32, hold up for 32

Over at hips – arms can be crossed and forehead resting or fully extend arms out for harder – left leg stays for balance with slight knee bend and right leg extends back – 8 slow lifts, 8 pulse, 8 hold(repeat this 3 times), 8 circle in, 8 circle out, 8 lift up and over other leg, 8 knee to chest, 8 fire hydrants, 8 count hold fire hydrant up – repeat other leg

Back to chair or wall – left leg either flat foot or up on toes – extend right leg out – 8 lift slow, 8 pulse, 8 hold (repeat 2 times), 8 circle in, 8 circle out, 8 knee lifts, 8 knee lift and extend leg out – repeat other side.

Stretch – 5-10 minutes