



beyond  
**barre**<sup>TM</sup>  
sculpt • strengthen • stretch

**basics** training



[beyondbarre.com](http://beyondbarre.com)



## tricep series

**Repetitions: 8**

**Sets: 1-2**

### Action

#### Press Back

Bend the extended arm in toward the shoulder.  
Return to starting position.

#### Pulse Up

Lift the extended arm toward the ceiling.  
Return to starting position.

#### Pulse In

Press the extended arm toward the midline of the body.  
Return to starting position.

### Equipment Set-up

1- to 2-lb weight in each hand.

### Set-up

Lunge position with left knee bent, right leg straight; left hand on left thigh, right arm extended back at shoulder height. Top of weight points toward ceiling. Switch sides after completing entire series on one side.

### Add-ins

#### Ball

Place ball between the knees.

#### Band

Not applicable

#### Weights

Weights in each hand.

### Breath

Natural breath

### Modifications

Rest between exercises  
Keep elbows soft to prevent hyperextension  
Hold barre with nonworking arm

### Guide

Place a flat palm between the shoulder blades; encourage client to actively draw the blades toward your hand.

### Cues

Abdominals in and up  
Lift higher  
Shoulder blades glide on back  
Pulse into midline  
Shoulders stay square  
Hip bones point to the front  
Expand collarbone wide to the sides

## Body Positions

### Leg Positions

Natural  
BeyondBarre stance  
Parallel  
Lunge

### Arm Positions

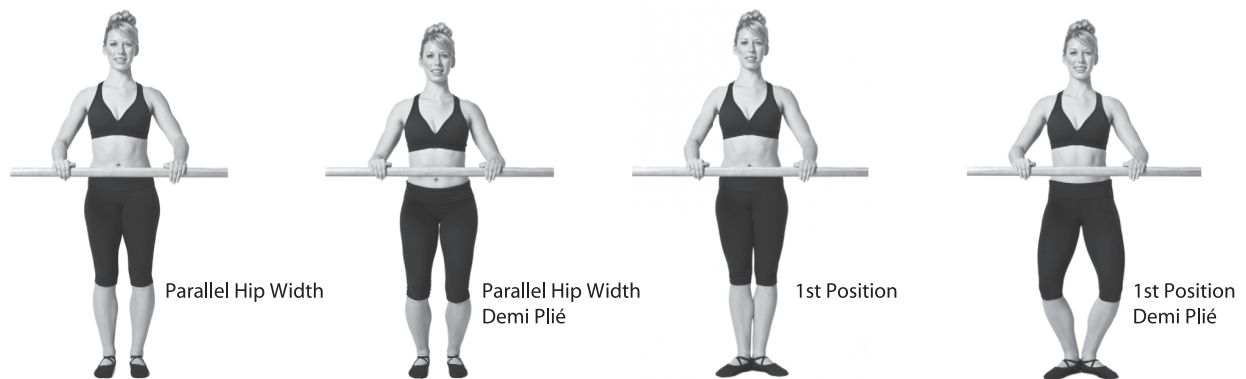
Two arms

### Torso (Spine) Positions

Natural

## Creativity Tools

Turned out vs. parallel levels  
Alternate  
Combinations  
Rhythms  
Open and close



## demi plié, (little bend)

**Repetitions: 8**

**Sets: 2-8**

### Action

#### Demi Plié

Bend knees over toes; heels stay down. Press into floor and lift to straight-leg standing position.

#### Parallel Hip-Width Demi Plié

Feet parallel, hip-width apart. To find this, stand with feet together, open toes to a "V" and open heels to meet the toes. Bend knees over toes; heels stay down. Press into floor to lift up to straight-leg standing position.

#### 1st Position Demi Plié

Feet in 1st position. To find this, stand with feet together, rotate from hip sockets to open toes, keeping heels together. Bend knees over toes; heels stay down. Press into floor to lift up to straight-leg standing position.

#### 2nd Position Demi Plié

Feet in 2nd position. To find this, tendu to the side, lengthen a little longer, then place the heel down. Bend knees over toes; heels stay down. Press into floor to lift up straight-leg standing position.

#### Parallel Together Demi Plié

Feet parallel and together. Bend knees over toes; heels stay down. Press into floor to lift back up to straight-leg standing position.

### Equipment Set-up

Fixed or free standing barre.

### Set-up

Stand facing barre; palms rest lightly on barre, elbows slightly bent.

### Add-ins

#### Ball

Place ball between the knees (parallel position only).

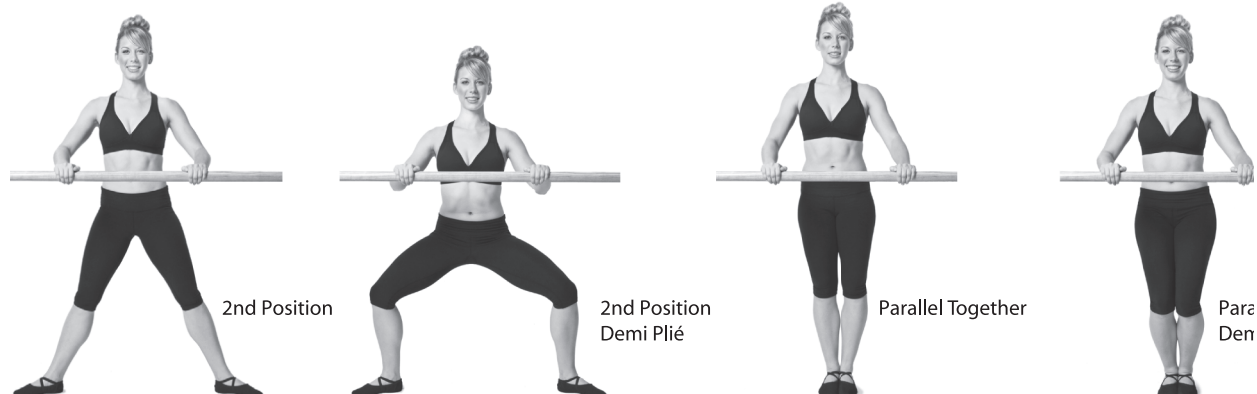
#### Band

Band around ankles.

#### Weights

Not applicable





### Breath

Inhale: extension

Exhale: flexion

### Modifications

Parallel

Natural stance

### Guide

Ask client to lift arms to 1st or 2nd position to check if s/he can balance with weight over the toes.

### Cues

Tailbone long abdominals in and up light touch on barre

Inner thighs press into midline

Knees over toes

Weight over toes lengthen hip flexors

Pinky toes to the floor

Spread toes like fingers engage to feet

Hip points not lower than knees

Wrap muscles around bones

Inner thighs together

Zip up the legs

Second toe points forward

## Body Positions

### Leg Positions

Natural

Parallel

One leg in coupé

1st position

2nd position

### Arm Positions

Above head

"T"

Hands on hips

### Torso (Spine) Positions

Natural

## Creativity Tools

Levels and Combinations

Rhythms

- Pulses - Lower into a demi plié, rise up and down 1 inch.
- Dancing Hips - Lower into a demi plié, alternate lifting one hip up and down 1 inch. Up for 4 counts, down for 4 counts.
- Hip Circles - Lower into a demi plie, circle hips in one direction and reverse.



Set-up



Lift Up



Lift Up Side

## lift up

**Repetitions: 8**

**Sets: 1-8**

### Action

#### Lift Up

Lift the head, neck and shoulders toward the feet; lower back to mat.

#### Lift Up Side

extend the left arm toward right knee. Lift the head, neck and shoulders off mat; twist to the right; reach the left arm across the body. Lower back to the mat. Repeat. Switch sides.

#### Weights

Weights in each hand, arms raised 2 inches off mat and reaching past hips. Variations:

- Arm pumps
- Small arm circles
- Arms up/down
- Opposing arms (one up/one down)
- Hugs

### Equipment Set-up

Mat perpendicular to barre

#### Set-up

Supine on mat; arches of feet on barre; hands behind base of neck, one on top of the other, wide elbows.

#### Add-ins

##### Ball

Ball between knees or around ankles, or hold ball with two hands. Variations:

- Pulse into the ball
- Reach ball toward ceiling
- Reach ball toward toes
- Reach ball above the head

##### Band

Band around ankles

### Breath

Natural breath

### Modifications

Feet on floor Knees in tabletop legs at 90°.

### Guide

Place a flat palm on the client's shoulder blade to encourage both blades off the mat.

### Cues

Abdominals in and up  
Inner thighs press into midline  
Shoulder blades off mat  
Lift shoulder blade off the mat and place it back on the mat  
Wide elbows  
Heavy tailbone to the floor  
Keep the arm rooted into the joint

### Body Positions

Natural Parallel rotated  
Legs at 90°  
Feet on floor with bent  
Knees one leg

### Arm Positions

By sides  
Behind head

### Torso (Spine) Positions

Natural rotation

### Creativity Tools

Turned out vs. parallel  
Pointed vs. flexed levels  
Alternate  
Combinations  
Rhythm  
Open and close