

## Barre for Cardio Junkies

WBS Lauren George

### Warm-up – “Blow” Kesha

16ct	Intro	Squat (4)
32ct	Verse	3 pulse squat (4)
32ct	Verse	3 pulse squat with rotation (4)
32ct	Chorus	Curtsy lunge R / Fall side R (4)
32ct	Chorus	Curtsy lunge L / Fall side L (4)
32ct	Verse	Reverse lunge R to calf lengthening (6)
32ct	Verse	Reverse lunge L to calf lengthening (6)
32ct	Chorus	Curtsy lunge R / Fall side R (4)
32ct	Chorus	Curtsy lunge L / Fall side L (4)
16ct	Verse	Second position plié pulses (8)
32ct	Verse	Plié to pivot lunge with 2 pulses (4)
32ct	Verse	Plié to pivot lunge (8)
32ct	Chorus	Curtsy lunge R / Fall side R (4)
32ct	Chorus	Curtsy lunge L / Fall side L (4)

### Upper Body Warm-up – “Blinding Lights” by The Weekend

32ct	Intro	Set-up with gliding discs
16ct	Verse	Slide out R & L (4)
32ct	Verse	Option to plank jack
32ct	Verse	Abduct then slide under body and rotate R & L (2)
32ct	Verse	Abduct then slide under body and rotate R & L (2)
32ct	Verse	Child’s pose
32ct	Chorus	Abduct / slide under / open to side plank / hold plank / return home
32ct	Chorus	Abduct / slide under / open to side plank / hold plank / return home
32ct	Verse	Child’s pose
32ct	Verse	Plank jack and tuck (4)
32ct	Verse	Plank jack and tuck (4)
32ct	Chorus	Abduct/ slide under / open to side plank / snake pike / return home
32ct	Chorus	Abduct/ slide under / open to side plank / snake pike / return home
32ct	Verse	Child’s pose
32ct	Chorus	Abduct/ slide under / open to side plank / snake pike / return home
32ct	Verse	Abduct/ slide under / open to side plank / snake pike / return home
32ct	Verse	Child’s pose
32ct	Chorus	Abduct/ slide under / open to side plank / snake pike / return home

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## Second Position – “Low” by Flo Rida

32ct	Verse 1	Second position plié and bicep curl
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension
32ct	Verse 2	Single leg deadlift to shoulder press (4)
32ct	Verse 2	Tricep kickback and shoot the leg (8)
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension
32ct	Verse 3	Single leg deadlift to shoulder press (4)
32ct	Verse 3	Tricep kickback and shoot the leg (8)
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension
32ct	Verse 4	Plié and bicep curl (8)
32ct	Verse 4	Alternating heel lifts and serve the platter (8)
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension
32ct	Chorus	3 pulse plié (arms cross front) to passé / 2 tricep extensions with leg extension

## Center Floor Upper Body- “Torn” by Ava Max

32ct	Verse	3 pulse reverse lunge (4)
32ct	Verse	Alternating leg lifts with serve the platter front (8)
32ct	Chorus	3 pulse reverse lunge (bicep curl to shoulder press) / Alternating leg lifts with serve the platter front (2)
32ct	Chorus	3 pulse reverse lunge (bicep curl to shoulder press) / Alternating leg lifts with serve the platter front (2)
8ct	Bridge	Reset with heels together
32ct	Verse	Alternating curtsy lunge with hip hinge and fly (4)
32ct	Verse	Alternating curtsy lunge with hip hinge and fly (4)
32ct	Chorus	3 pulse reverse lunge (bicep curl to shoulder press) / Alternating leg lifts with serve the platter front (2)
32ct	Chorus	3 pulse reverse lunge (bicep curl to shoulder press) / Alternating leg lifts with serve the platter front (2)
32ct	Verse	Alternating front lunge with chest press (4)
32ct	Verse	Alternating front lunge with chest press (4)
32ct	Chorus	3 pulse reverse lunge (bicep curl to shoulder press) / Alternating leg lifts with serve the platter front (2)
32ct	Chorus	3 pulse reverse lunge (bicep curl to shoulder press) / Alternating leg lifts with serve the platter front (2)

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## First Position – “Hallucinate” by Dua Lipa

16	Intro	Set-up in fist position
32ct	Verse	Full ROM plié (8)
32ct	Verse	4 <sup>th</sup> position plié to passé (8)
32ct	Verse	Half ROM passé to leg extension side (8)
32ct	Chorus	R - 4 <sup>th</sup> position plié to passé / half ROM plié with leg extension side (4)
32ct	Chorus	R - 4 <sup>th</sup> position plié to passé / half ROM plié with leg extension side (4)
16ct	Bridge	Pulse in plié (8)
32ct	Verse	4 <sup>th</sup> position plié to passé (8)
32ct	Verse	Half ROM passé to leg extension side (8)
32ct	Chorus	L - 4 <sup>th</sup> position plié to passé / half ROM plié with leg extension side (4)
32ct	Chorus	L - 4 <sup>th</sup> position plié to passé / half ROM plié with leg extension side (4)
32ct	Verse	Full ROM plié
32ct	Chorus	R - 4 <sup>th</sup> position plié to passé / half ROM plié with leg extension side (4)
32ct	Chorus	L - 4 <sup>th</sup> position plié to passé / half ROM plié with leg extension side (4)

## Squat to Side Leg Lift – “Circus – Villains Remix” by Britney Spears

32ct	Set up with ball under outside foot
32ct	Full ROM squat (8)
32ct	Press down on ball (8)
32ct	Pulse up (16)
32ct	Roll forward and back / pulse twice (4)
32ct	Full ROM squat (8)
32ct	Full ROM squat and thread ball under leg
32ct	Side leg lift tapping ball to leg (8)
32ct	Full ROM squat and thread ball / 1 side leg lift (4)
32ct	Full ROM squat and thread ball / 1 side leg lift (4)
32ct	Full ROM squat (8)
32ct	Press down on ball (8)
32ct	Pulse up (16)
32ct	Roll forward and back / pulse twice (4)
32ct	Full ROM squat (8)
32ct	Full ROM squat and thread ball under leg
32ct	Side leg lift tapping ball to leg (8)
32ct	Full ROM squat and thread ball / 1 side leg lift (4)
32ct	Full ROM squat and thread ball / 1 side leg lift (4)

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Second Position - "More – Gareth Wyn Remix" by Usher, Gareth Wynn, Dave Parkinson

32ct	Set-up – Second position plié
32ct	3 pulse plié (4)
32ct	4 point lunge (4)
32ct	4 point lunge (4)
32ct	Oblique crunch knee to elbow (8)
32ct	4 point lunge to oblique crunch (4)
32ct	4 pointe lunge to oblique crunch (4)
32ct	FUL ROM lunges (8)
32ct	Rocking horse lunges (8)
32ct	Rocking horse lunges (8)
32ct	3 pulse lunge to relevé (4)
32ct	3 pulse lunge to pop (4)
32ct	3 pulse lunge to pop (4)
32ct	8 single lunge pops
32ct	3 pulse plié (4)
32ct	4 point lunge (4)
32ct	4 point lunge (4)
32ct	Oblique crunch knee to elbow (8)
32ct	4 point lunge to oblique crunch (4)
32ct	4 pointe lunge to oblique crunch (4)
32ct	FUL ROM lunges (8)
32ct	Rocking horse lunges (8)
32ct	Rocking horse lunges (8)
32ct	3 pulse lunge to relevé (4)
32ct	3 pulse lunge to pop (4)
32ct	3 pulse lunge to pop (4)
32ct	8 single lunge pops

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## Curtsy to attitude – “Loco Contigo” by DJ Snake, J Balvin, Ozuna, Nicky Jam

32ct	Set-up
32ct	Squat (8)
32ct	Curtsy (8)
32ct	Attitude lift (8)
32ct	2 pulse squat / 2 pulse curtsy / 4 pulse attitude (2)
32ct	2 pulse squat / 2 pulse curtsy / 4 pulse attitude (2)
32ct	Squat / curtsy / 2 pulse attitude (4)
32ct	Squat / curtsy / 2 pulse attitude (4)
32ct	Curtsy lunge to attitude (8)
32ct	Attitude hamstring curls (8)
32ct	1 hamstring curl / 1 attitude lift (4)
32ct	Switch sides
32ct	Squat (8)
32ct	Curtsy (8)
32ct	Attitude lift (8)
32ct	2 pulse squat / 2 pulse curtsy / 4 pulse attitude (2)
	2 pulse squat / 2 pulse curtsy / 4 pulse attitude (2)
32ct	Squat / curtsy / 2 pulse attitude (4)
32ct	Squat / curtsy / 2 pulse attitude (4)
32ct	Curtsy lunge to attitude (8)
32ct	Attitude hamstring curls (8)
32ct	1 hamstring curl / 1 attitude lift (4)
32ct	Figure 4 stretch

## Gliding disc Squat to Lunge (heel lift) – “Everybody Hands Up” by KAZZANOVA, Olivier

32ct	Set-up
32ct	Side lunge (8)
32ct	Reverse lunge slow (4)
32ct	Reverse lunge to heel pop (4)
32ct	Reverse lunge to heel pop (4)
32ct	Side lunge / reverse lunge / heel pop / swing side (2)
32ct	Side lunge / reverse lunge / heel pop / swing side (2)
32ct	Side lunge / reverse lunge / heel pop / swing side (2)
32ct	Reverse lunge to hip hinge (4)
32ct	Side lunge / reverse lunge / hip hinge / swing side (2)
32ct	Side lunge / reverse lunge / hip hinge / swing side (1) Switch sides
32ct	Side lunge (8)
32ct	Reverse lunge slow (4)
32ct	Reverse lunge to heel pop (4)
32ct	Reverse lunge to heel pop (4)
32ct	Side lunge / reverse lunge / heel pop / swing side (2)
32ct	Side lunge / reverse lunge / heel pop / swing side (2)
32ct	Side lunge / reverse lunge / heel pop / swing side (2)
32ct	Reverse lunge to hip hinge (4)
32ct	Side lunge / reverse lunge / hip hinge / swing side (2)
32ct	Side lunge / reverse lunge / hip hinge / swing side (1) Flat back

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## Standing Glute Work – “I Wanna A Dance With Somebody” by Whitney Houston

32ct	Set up in lunge
32ct	Full ROM lunge (8)
32ct	3 pulse lunge (4)
32ct	3 pulse lunge to arabesque (4)
32ct	3 pulse crossover lunge to arabesque (4)
32ct	3 pulse crossover lunge to arabesque (4)
32ct	Lunge to arabesque and abduction (4)
32ct	Lunge to arabesque and abduction (4)
32ct	Switch legs
32ct	Set up in lunge
32ct	Full ROM lunge (8)
32ct	3 pulse lunge (4)
32ct	3 pulse lunge to arabesque (4)
32ct	3 pulse crossover lunge to arabesque (4)
32ct	3 pulse crossover lunge to arabesque (4)
32ct	Lunge to arabesque and abduction (4)
32ct	Lunge to arabesque and abduction (4)

## core – “Rain On Me” by Lady Gaga, Ariana Grande

32ct	Verse	Set-up with ball below shoulder blades
32ct	Verse	Curl up 2 down 2 (4)
32ct	Chorus	Wood chop 3-2-1 and extend leg (4)
32ct	Bridge	Wood chop R (add knee lift) (8)
32ct	Verse	Wood chop L (add knee lift) (8)
32ct	Verse	Shin taps (8)
32ct	Chorus	Woodchop 3-2-1 and extend leg (4)
32ct	Verse	Wood chop R (add knee lift) (8)
32ct	Verse	Wood chop L (add knee lift) (8)
32ct	Verse	Shin taps (8)
32ct	Chorus	Woodchop 3-2-1 and extend leg (4)
32ct	Verse	Wood chop R (add knee lift) (8)
32ct	Verse	Wood chop L (add knee lift) (8)

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## Bridge – “Mambo” by Nikki Vianna

32ct	Verse	Set-up in v-bridge
32ct	Verse	Bridge lifts (8)
32ct	Verse	Leg extension (8)
32ct	Chorus	Hip lift / leg extension side (4)
32ct	Chorus	Hip lift / leg extension side (4)
32ct	Verse	Butterfly curl (8)
32ct	Verse	Butterfly lift (8)
32ct	Chorus	Hip lift / leg extension side (4)
32ct	Chorus	Hip lift / leg extension side (4)
32ct	Verse	Butterfly curl / leg lift / leg lower/ lower curl (4)
32ct	Verse	Butterfly curl / leg lift / leg lower/ lower curl (4)
32ct	Chorus	Hip lift / leg extension side (4)
32ct	Chorus	Hip lift / leg extension side (4)

## Hover Banded – “Kings & Queens” by Ava Max

32ct	Chorus	2 knee presses / 1 knee tap (4)
32ct	Verse	Open to side plank
32ct	Verse	Bottom knee tap (4)
32ct	Chorus	2 knee presses / 1 knee tap (4)
32ct	Verse	Open to side plank
16ct	Verse	Bottom knee tap (4)
32ct	Chorus	2 knee presses / 1 knee tap (4)
32ct	Verse	Shoulder taps in hover / walk to plank (4)
32ct	Verse	Shoulder taps in hover / walk to plank (4)
32ct	Chorus	2 knee presses / 1 knee tap (4)
32ct	Verse	Child’s pose