

Jenna Bothell

Barre Strength

Just another Day – Lady Gaga

- Warm up

All night long – Timbaland, Missy Elliot, DemiLovato

- Facing the barre in a low squat with ankles right underneath our knees. Pilates ball in between our knees

- Lift toes, lift heels, pulse, and squeeze knees in.

Sit Still, Look pretty – Daya + Gold – Kiiara

- In a lunge position with left foot in front.

- Slow lunges, pulse, lunge to squat, double lunge to double squat

- Reach up to the sky and down to the floor still in squat (jump optional)

- Second song, right foot in front

Location – Khalid

- Calf raises (one leg, switch, toes face in, toes face out, toes face front)

I'm a slave for you – Britney Spears + Crazy – Britney Spears

- Placing Pilates ball behind right knee with left knee (supporting leg) bent.

- Squeeze ball in, swing leg in and out, pulse up, bring leg up and down to the side, squeeze ball up to the side, circle forward, circle back

- Repeat on other leg

..Ready for it? – Taylor Swift + Touch my body – Mariah Carey

- Left hand is resting on the barre with left knee bent and right leg up

- Circle leg back and forth

- Pulse to the front, side, back.

- Repeat on other leg

My love – Justin Timberlake

- Hoovering arms with different resistance movements

Silence – Marshmello

- In a squat position with one hand on the barre with different resistance movements

Fast Car – Boyce Avenue, Kina Grannis

- Cool Down