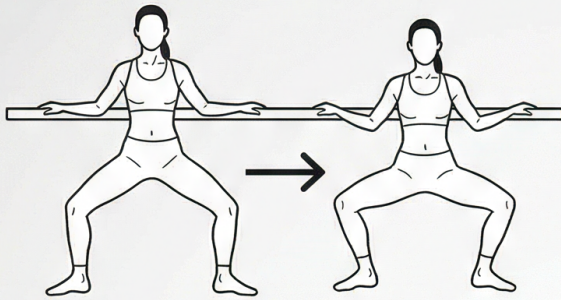
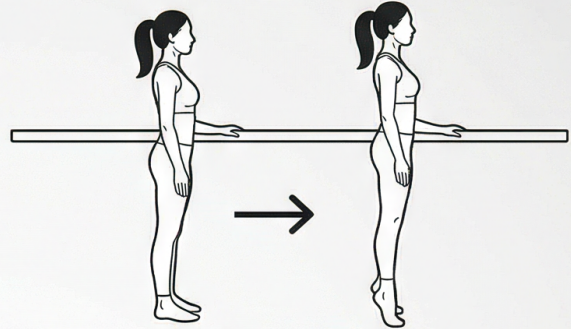


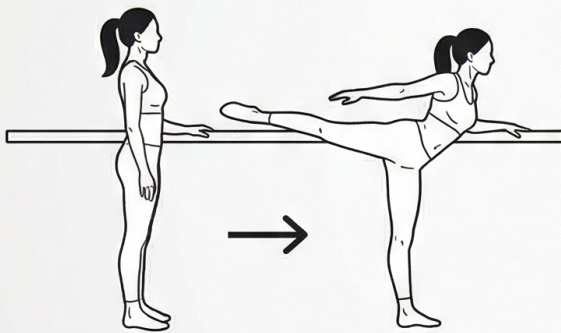
BARRE WORKOUT: AT THE BARRE



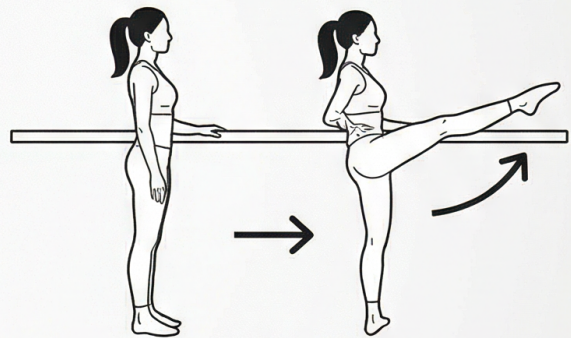
1) Plie



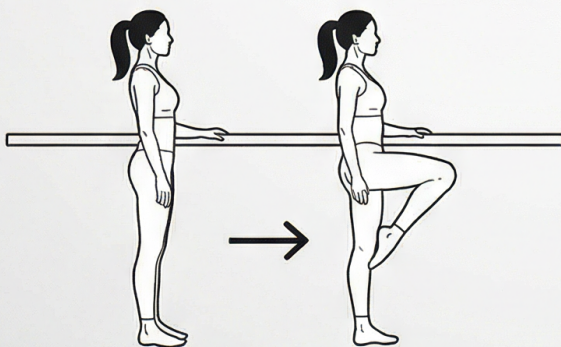
2) Releve



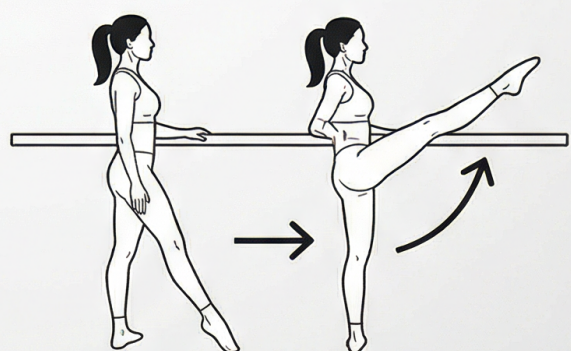
3) Arabesque



5) Side Leg Lift



6) Attitude



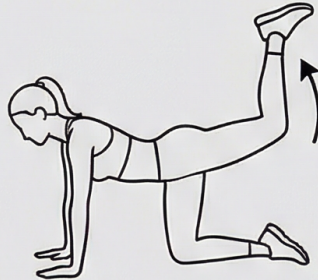
8) Grand Battement

Hold each position for 30-60 seconds

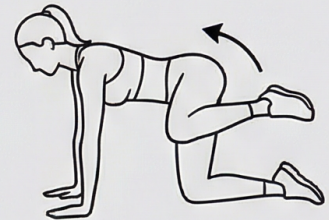
BARRE WORKOUT: FLOOR WORK



Clam Shell



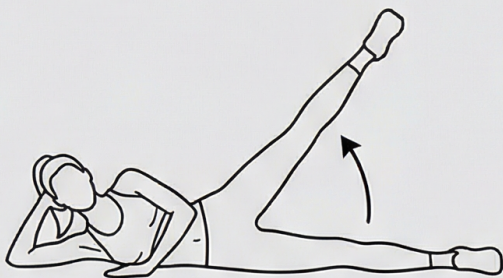
Donkey Kick



Fire Hydrant



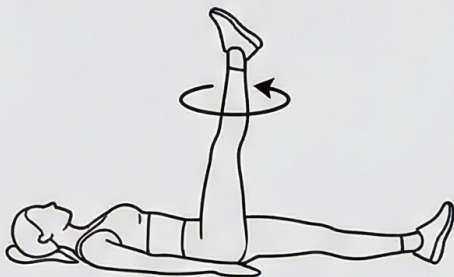
Bridge



Inner Thigh Lift



Bicycle Crunch



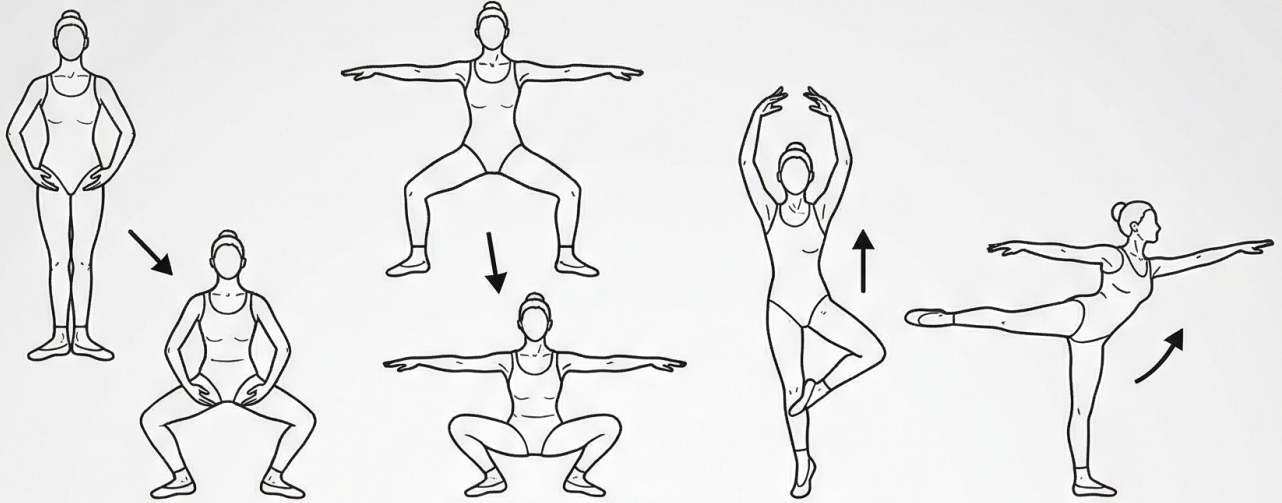
Leg Circle



Swan Dive

3 sets x 20 reps each side

Barre Workout: Center Work



First Position Plie

Second Position Squat

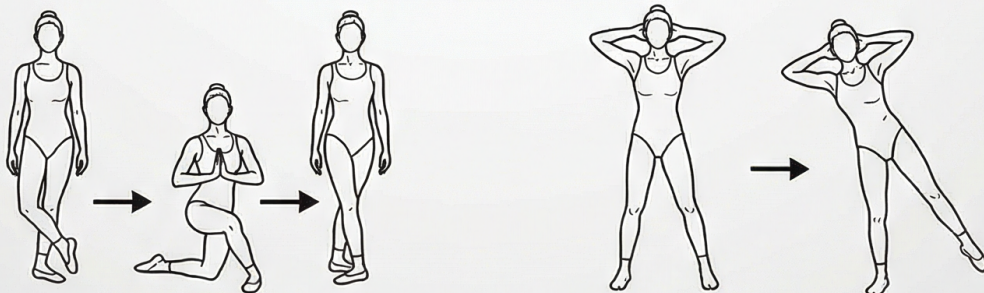
Passe Balance

Arabesque Balance



Port de Bras

Lunge with Twist



Curtsy Lunge

Standing Oblique Crunch

2 sets x 16 reps each side