

\*\*\*\*Check YouTube channel for video links for these! :)

<https://www.youtube.com/user/BreakingMuscleVideos>

This cycle of the Barre workout will focus on building the intermediate skills and barre technique.

**The Creative Movement workout is a compilation of dance movement, bellydance, barre, pilates, kettlebells, and yoga.** This workout will move through various types of programming for levels beginner to advanced. The goal of the workout is to gain a technical foundation of dance movement, increase fluidity and flexibility, increase overall body strength, and explore your body through various mediums.

**The second cycle of this workout series builds a foundation for intermediate dance technique and functional fitness skills.** This cycle is a intermediate barre workout that fuses ballet, dance movement, bodyweight exercise, and yoga into one fun and inspiring class.

Creative Movement will run Tuesday and Thursday, but feel free to pick any two days that work for your schedule. **Have fun with the workout and find your artist in your athletic journey.**

### **Week 1, Day 1**

Warm Up:

Tadasana

March 3 mins

Upper Body:

Downward Dog to Upward Dog 10x

Strict Push Ups 20x

Stretch: Hands Clasp Behind back 20 sec

Lower Body:

Suhaila Squat, Elbows on Legs 1 min

Suhaila Squat, Arms in 2nd position 1 min

Suhaila Squat, Arms in 5th position 1min

Stretch:

Figure 4 R leg at the Barre 20 secs

Figure 4 L leg at the Barre 20 secs

Glute Work:

Table Top 1 Inch Lifts R Leg 25x

Table Top Hydrant R Leg 25x

Table Top Arabesque R Leg 15x  
Table Top 1 Inch Lifts R Leg 25x  
Table Top Hydrant R Leg 25x  
Table Top Arabesque R Leg 15x

Cat Stretch, Hips to the right R  
Cat Stretch, Hips to the right R

Core:

Bicycles with Straight Legs 25X  
Boat Pose hold 20 sec 3x

Back Work:

Cobra 3x  
Upward Dog 20 secs

Stretch:

Pigeon R leg 20 secs  
Straddle Stretch 20 secs  
Pigeon L leg 20 secs  
Straddle Stretch 20 secs

## **Week 1, Day 2**

Warm Up:

Tadasana  
March & Twist 3 min

Upper Body:

Elbow Plank to Straight Arm Plank 10x  
Strict Push Ups 20x  
Elbow Plank Hold 20 secs

Stretch:

Downward Dog 20 secs

Lower Body:

Narrow V Alternating Releve 1 min  
Narrow V Alternating Releve 1 min  
Repeat 2 x

Suhaila Squat, Elbows on Legs 30 secs  
Suhaila Squat, Arms in 2nd position 30 secs  
Suhaila Squat, Arms in 5th position 30 secs

## Stretch

Wide Leg Forward Fold, Center 30 secs

Wide Leg Forward Fold, R Leg 30 secs

Wide Leg Forward Fold, L Leg 30 secs

## Glute Work:

Flat Back Series at the Barre 1 inch lift R Leg 25x

Flat Back Series at the Barre 1 Inch Lifts, 2 Up 2 Down R Leg 25x

Flat Back Series at the Barre 1 Inch Lifts, 4 Up \$ Down R Leg 25x

Flat Back Series at the Barre 1 inch lift L Leg 25x

Flat Back Series at the Barre 1 Inch Lifts, 2 Up 2 Down L Leg 25x

Flat Back Series at the Barre 1 Inch Lifts, 4 Up \$ Down L Leg 25x

## Stretch:

Figure 4 At The Barre R leg 20 secs

Figure 4 At The Barre L leg 20 secs

Forward Fold, hands Under Feet 20 secs

## Core:

Thigh Driving 10 sets 5x

Plank Hold 20 secs 3x

## Back Work

Snake R leg 20 secs

Upward Dog 20 secs

Snake L leg 20 secs

Upward Dog 20 secs

## Stretch

Crescent Lunge R Leg 20 secs

Runners Lunge R Leg 20 secs

Dragon R Leg 20 secs

Hamstring stretch R Leg 20 secs

Downward Dog

Crescent Lunge L Leg 20 secs

Runners Lunge L Leg 20 secs

Dragon L Leg 20 secs

Hamstring stretch L Leg 20 secs

## **Week 2, Day 1**

Warm Up:

Tadasana

March

Upper Body:

Plank Twist on Elbows 25x

NY City Ballet Push Ups 25x

Stretch:

Shoe Lace R Arm 20 secs

Shoe Lace L Arm 20 secs

Lower Body:

Chair Pose at the Barre 1 Inch lifts 20x

Chair Pose at the Barre in Releve, 1 Inch Lifts 20x

Wide V at the Barre 1 Inch Lifts, 40x

Chair Pose at the Barre 1 Inch lifts 20x

Chair Pose at the Barre in Releve, 1 Inch Lifts 20x

Wide V 1 Inch Lifts at the Barre in Releve 40x

Stretch:

Figure 4 at the Barre R leg 20 secs

Side Stretch at the Barre R Leg 20 secs

Figure 4 at the Barre L leg 20 secs

Side Stretch at the Barre L Leg 20 secs

Glute Work:

Ski Slope at the Barre, 1 Inch Lifts R Leg 25x

Ski Slope at the Barre 1 Inch Lifts, 2 Up 2 Down R Leg 25x

Ski Slope at the Barre 1 Inch Lifts, 4 Up 4 Down R Leg 25x

Ski Slope at the Barre Hydrant R Leg 10x

Ski Slope at the Barre, 1 Inch Lifts L Leg 25x

Ski Slope at the Barre 1 Inch Lifts, 2 Up 2 Down L Leg 25x

Ski Slope at the Barre 1 Inch Lifts, 4 Up 4 Down L Leg 25x

Ski Slope at the Barre Hydrant L Leg 10x

Stretch:

Crescent Lunge, Arms in 5th R leg 20 secs

Crescent Lunge, Hands Clasped behind back R leg 20 secs

Crescent Lunge Twist R Leg 20 secs

Crescent Lunge, Arms in 5th L leg 20 secs

Crescent Lunge, Hands Clasped behind back L leg 20 secs

Crescent Lunge Twist L Leg 20 secss

Core:

Boat Pose 10-20 secs 2x  
Boat Pose Twist 1-20 2x  
Boat Pose 10-20 secs 1x  
Boat Pose Twist 1-20 1x

Back Work:

Upward Dog 30 secs  
1/2 Camel Alternating R & L Sides 6x each  
Camel Hold 20 secs

Stretch:

Downward Dog 30 secs  
Upward Dog 30secs  
Straddle Stretch, Center 30 secs  
Straddle Stretch, R Leg 30 secs  
Straddle Stretch, L Leg 30 secs  
Downward Dog 30 secs

**Week 2, Day 2**

Warm Up:

Tadasana  
Marching 3mins

Upper Body:

Wide Arm Push Ups 20x  
Staggered Arm Push Ups 20x  
Straight Arm Plank Hold 20 secs

Stretch:

Eagle Arms Stretch R arm under 20 secs  
Deltoid Stretch R arm across 20 secs  
Eagle Arms Stretch L arm under 20 secs  
Deltoid Stretch L arm across 20 secs

Lower Body:

Parallel at the Barre, 1 Inch Lifts 1 min  
Parallel at the Barre, 1 Inch Lifts, 2 Up & 2 Down 1 min  
Parallel at the Barre, 1 Inch Lifts, 4 Up & 4 Down 1min  
Parallel at the Barre, 1 Inch Lifts, Alternating Releve 1min  
Parallel at the Barre, 1 Inch Lifts, Releve 1min

Stretch:

Side Stretch at the Barre R Leg 30 secs  
Side Stretch at the Barre - Nose to Knee R Leg 30 secs

Frog Squat 20 secs  
Side Stretch at the Barre L Leg 30 secs  
Side Stretch at the Barre - Nose to Knee R Leg 30 secs  
Frog Squat 20 secs

**Glute Work:**

Flat Back R Leg 1 Inch Lifts 1 min  
Flat Back R Leg CCW Circles 30secs  
Flat Back L Leg 1 Inch Lifts 1min  
Flat Back L Leg CW Circles 30secs

**Stretch:**

Splits/Jazz Splits R 30 secs  
Straddle Stretch Center 30 secs  
Splits/Jazz Splits L 30 secs  
Straddle Stretch Center 30 secs

**Core:**

Side Plank 1 Inch Lifts R side 20x  
Elbow Plank Twist 20 x  
Side Plank 1 Inch Lifts L side 20x  
Elbow Plank Twist 20 x

**Back Work:**

Cat and Cow 10x  
Camel 20 secs

**Stretch:**

Downward Dog 30 secs  
Crescent Lunge 30 secs  
Triangle R Side 30 secs  
Extended Side Angle R side 30 secs  
Wide Leg Forward Fold 30secs  
Downward Dog 30 secs  
Crescent Lunge 30 secs  
Triangle L Side 30 secs  
Extended Side Angle L Side 30 secs

**Week 3, Day 1**

**Warm Up:**

Tadasana  
March & Twist 3 min

**Upper Body:**

Staggered Wide Arm Push Ups, R Arm Front 10x  
Extended Arm Plank 20 secs  
Staggered Wide Arm Push Ups, L Arm Front 10x  
Extended Arm Plank 20 secs

Stretch:

Barre Arm Stretch R 20 secs  
Barre Arm Stretch L 20 secs  
Hands Clasped Behind Back (Alternating Clasp R&L) 20secs

Lower Body:

Single Leg 1 Inch Lifts R Leg 25x  
Single Leg 1 Inch Lifts turned out R Leg 25x  
Single Leg Lifts, CCW Circles R Leg 25x  
Single Leg 1 Inch Lifts R Leg 25x  
Single Leg 1 Inch Lifts turned out R Leg 25x  
Single Leg Lifts, CCW Circles R Leg 25x

Stretch:

Barre Stretch Dancers Pose R Leg 20 secs  
Barre Stretch Dancers Pose L Leg 20 secs

Glute Work:

Table Top 1 Inch Lifts, 2 Up 2 Down R Leg 25x  
Table Top Arabesque, Knee to shoulder R Leg 15x  
Table Top 1 Inch Lifts, 2 Up 2 Down L Leg 25x  
Table Top Arabesque, Knee to shoulder L Leg 15x

Stretch:

Straddle Stretch 30 secs  
Straddle Stretch, R Leg 30 secs  
Straddle Stretch, L Leg 30 secs

Core:

Extended Leg Bicycles 25x  
Boat Pose Twist 10x

Back Work:

Upward Dog 20 secs  
1/2 Camel Alternating R & L Sides 6x each  
Camel Hold 20 secs

Stretch:

Downward dog 30 secs

Rag Doll 30 secs  
Tadasana  
Eagle Pose R Side 20 secs  
Eagle Pose L Side 20 secs

### **Week 3, Day 2**

Warm Up:  
Tadasana  
March 3 mins

Upper Body:  
NY City Ballet Push Ups 20x

Stretch:  
Dolphin Pose 30 secs

Lower Body:  
Suhaila Squat Arms on Knees 1 min  
Wide V 1 Inch Lifts, Alternating Releve, Arms in 2nd 1 min  
Repeat 2x

Stretch:  
Neutral Stretch at the Barre R Foot Flex - Point - Flex Back Flat 30 secs  
Neutral Stretch at the Barre R Foot Flex - Point - Flex Back Flat 30 secs

Glute Work:  
Glute Bridge Feet Flat 15x  
Glute Bridge 2Up 2 Down 15x  
Glute Bridge, R Leg Vertical, Turned Out 10x

Glute Bridge Feet Flat 15x  
Glute Bridge 2Up 2 Down 15x  
Glute Bridge, L Leg Vertical, Turned Out 10x

Stretch:  
Figure 4 at the Barre, R Leg 30 secs  
Figure 4 at the Barre, L Leg 30 secs

Core:  
Bicycle 50x  
Vertical Pelvic Lift 50x

Back Work:



Cobra 20 secs  
Super man 5-10 secs  
Repeat 3x

Stretch:

Childs Pose 30secs  
Downward Dog 30 secs  
Dragon R Leg 30 secs  
Downward Dog 30 secs  
Dragon L Leg 30 secs  
Frog Squat 30 secs

### **Week 4, Day 1**

Warm Up  
Tadasana  
March 3 mins

Upper Body:

Strict Push Ups 25x  
Diamond Pushups 25x

Stretch:

Shoelace R arm 30 secs  
Shoelace L arm 30 secs

Lower Body:

Parallel at the Barre 1 Inch Lifts, 2 Up 2 Down 25x  
Parallel at the Barre 1 Inch Lifts, 4 Up 4 Down 25x  
Parallel at the Barre 1 Inch Lifts, Alternating Releve 25x

Chair Pose at the Barre 1 Inch Lifts, 2 Up 2 Down 25x  
Chair Pose at the Barre 1 Inch Lifts in Releve 25x

Stretch:

Forward Bend 20 secs  
Calf Stretch at the Barre R Leg 20secs  
Forward Bend 20 secs  
Calf Stretch at the Barre L Leg 20secs

Glute Work:

Ski Slope at the Barre 1 Inch Lifts, 2 Up 2 Down R Leg 20x  
Ski Slope at The Barre CCW Circles 20x  
Ski Slope at The Barre, Hydrant 20x  
Ski Slope at the Barre 1 Inch Lifts, 2 Up 2 Down R Leg 20x

Ski Slope at The Barre CCW Circles 20x  
Ski Slope at The Barre, Hydrant 20x

Stretch:

Side Stretch at the Barre R Foot Flex - Point - Flex Back Flat 30 secs  
Side Stretch at the Barre R Foot Flex - Point - Flex Back Flat 30 secs

Core:

Elbow Side Plank 1 Inch Lifts, L Arm 15x  
Elbow Side Plank 1 Inch Lifts, L Arm 15x  
Elbow Plank Twist 15x  
Repeat 2x

Back Work:

Upward Dog 30secs  
Snake R Side 30 secs  
Snake L Side 30 secs

Stretch:

Downward Dog 30 sec  
Triangle R Side 30 secs  
Downward Dog 30 sec  
Triangle L Side 30 secs