

BeyondBarre Choreography- Modified Seated Barre and Abdominal Component

Action	Choreography	Counts	Repetitions	Sets
Set-Up	Sit on the mat with both feet on the mat, prop up on your elbows with the hands flat and fingers pointing forward. This is the modified Seated Barre set-up. Wide collar bones!			
Open Close	Extend both legs out to 45° and parallel. Open the legs out and resist them back together. Try to lower the legs a little bit each time.		8	4
Wrap	With the legs extended up open the legs out and cross one leg over the other. Make sure the legs are turned out to increase the work in the inner thighs. Try to lower the legs a little bit each time.		8	4
V up	Keep the legs extended out and together. Take the arms out from underneath and lift up into a V position. The arms are parallel with the legs, wide collar bones, and torso is hinged slightly back. Then roll back down to the mat with the legs still extended out, and arms stop at the ceiling.		4	1
V up	This time when in the V position open the legs and close 4 times, then roll back down to the mat with the legs extend out and arms stop at the ceiling. If you need to modify bring the knees to the chest each time.		4	1

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Action	Choreography	Counts	Repetitions	Sets
V up	This time when in the V position wrap the legs 4 times before rolling back down to the mat. Make sure the arms stop at the ceiling. Make sure the abdominals are engaged the entire time!		4	1
Finish	Finish by bringing both knees into the chest and hold onto the shins.			

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