

Pro Series 16

bootybarre®

warm up

Out and In Relevé

1 x 4

Plie Pulse with Arm Reach

4 sets

Plie Pivot Lunge with heel lift

4 sets

Side Lunge with Arm circle

1 x 8

Lunge and Stretch

1 x 8

Lunge to Leg Lift

1 x 8

In and Out Leg Slides

1 x 8

***Repeat: Side Lunge with Arm Circle, Lunge and Stretch, Lunge to Leg Lift and In and Out Leg Slides on the left.*

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arms 1

Tap Tap Circle

1 x 4

Fly/Row with Tap Transfer

1 x 2 fly

1 x 2 Row

**Repeat Tap Tap Circle 1 x 4 and the Fly/Row Series*

Palms Behind Fly

1 x 8

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arms 2

3 Way Triceps

1 x 8

Swing to Upward Row

1 x 8

Mini Criss Cross with Step Touch

1 x 8

isometric

Plies in Relevé

1 x 8

1 x 8 triple pulse

1st Position Front to Back Transfers

1 x 8 slow

1 x 8 tempo

4th Position Front to Back Transfers

1 x 4 slow

1 x 8 tempo

1 x 8 double time

4th Position Booty Hips

1 x 8

1 x 4 down for 4 counts, up 4 counts

flexibility

Triple Grande Battement/Double Relevé Front

1 x 2

Triple Grande Battement/Double Relevé Side

1 x 2

Triple Grande Battement/Double Relevé Back

1 x 2

Attitude Battement Circles

1 x 8 each direction

Dancer Stretch/Figure Four Stretch

or

Attitude Battement Circles

1 x 8 choose the direction (In or Out)

2 x 8 Knee Repeater Externally Rotated

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side line

Side Lunges to Side Kicks

1 x 4

1 x 8 singles

Attitude Away into Side Line

1 x 8

Floor Knee Repeater

1 x 8

Plank Step Reach/Step In

1 x 4 slow

1 x 8 tempo

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cardio

Lunge Transfer/Pendulum

2 x 8

facing the barre

Attitude into Cross Sit

1 x 4 slow

1 x 8 tempo

1 x 4 triple pulse

T Arabesque into Cross Sit

1 x 8

Parallel 4th with Arm Circle

1 x 4 each direction

pure booty

Tall Kneel Abduction

1 x 8

1 x 16 pulses

Tall Kneel Hamstring Squeeze

1 x 16

1 x 8 counts double time squeeze

In and Out Side Crunch

1 x 8

1 x 8 forwards and back only

1 x 16 pulse side

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abs, back, and flexibility

Wall Roll Ups

1 x 4

Wall 1/2 Roll Backs

1 x 8

Wall Twists

1 x 8

1 x 8 feet off wall

1 x 8 arms rotating down

X Abs

1 x 8 each side

1 x 8 arm transfer

Open Close Abs

1 x 8 flexed feet

1 x 8 open/ close legs

Froggie Stretch

1/2 Plank Triceps Push Ups

1 x 8

Swan Dive with Catch

1 x 8

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abs, back, and flexibility, continued

Flutter Kicks with Bend Extend Elbows

1 x 8

Elbows Out Prone Push Ups

1 x 4 2 counts down, 2 counts up

Prone Quad Stretch

Roll to Reach Stretch

Roll Down