

Pro Series 18

bootybarre®

warm up

Pivot Lunge

1 x 8 alternating right and left

Mini Circle/ Side Shift

4 arm circles

4 shifts 1 x 4

Curtsey Reach

1 x 8

Curtsey Pulses

1 x 8

Reach Rotate Extend Lunge

1 x 8

**Repeat Curtsey Reach, Curtsey Pulses & Reach Rotate Extend Lunge on the left.*

Cougar Plank

1 x 8 alternating legs

Catch Squat and Booty Lift

1 x 8

Hitch a Ride

1 x 8

arms circuit 1

Curtsey Fly

1 x 8

Curtsey Fly with Forward Raise

1 x 8

Transfer Reach

1 x 8

Transfer Reach with Arabesque

1 x 8

Alternating rows in Arabesque

1 x 8

1 x 8 double time

**Repeat entire sequence on the other leg*

isometric

Parallel Prance and Plié

1 x 4

First Position Prance and Plié

1 x 4

Second Position Prance and Plié

1 x 4

Fourth Position Prance and Plié Front

1 x 4

Fourth Position Prance and Plié Back

1 x 4

Elvis Booty Wave

1 x 8

flexibility

Grand Battement Front Swing Combo

1 x 4

Grand Battement Back Swing Combo

1 x 4

Grand Battement Side with Transfer

1 x 4

Attitude Circle to Curtsey

1 x 4 slow

1 x 8 up to tempo

Curtsey Attitude Transfer

1 x 8

Attitude Pulses

1 x 16

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side line

Side Leg Lift

1 x 8

1 x 16 pulse

Side Leg Lift Lunge

1 x 8

Side Lunge and Hover

1 x 8

Side Lunge Hover with Rotation

1 x 8

Catch a Star

1 x 16

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cardio 1

Diagonal Reach with Side Crunch

1 x 16

Criss Cross Arms with Relevé

1 x 16

**Repeat with Diagonal Reach with Side Crunch on left*

facing the barre

Crossed Rond De Jambe

1 x 8

Arabesque Pulses

1 x 8

Third Position Arabesque Sliders

1 x 8

Third Position Front and Back

1 x 4 4 pulses back

4 pulses front

**Repeat all the above exercises to the other side*

Second Position Plié Relevé

1 x 8

Second Position Thread the Needle

1 x 4 4 pulses right, 4 pulses left

Isometric Prayer Position

Hold for count of 8

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cardio 2

Shuffle Shake it Out

1 x 8

Shuffle Side Rock it

1 x 8

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pure booty

Figure 8 Booty Hips

1 x 8 alternating right and left

Plié Thigh Slide

1 x 8

Plié Thigh Slide with Passé Pose

1 x 8

**Repeat Thigh Slide and Thigh Slide with Relevé Pose on left*

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abs

C Curve Arm Reach
1 x 8

C Curve Arm Reach with Leg Lift
1 x 8

Arch into Ab Curl
1 x 8

Arch into Ab Curl with Single Leg Lift
1 x 8
1 x 8 single counts

Crossover Obliques
1 x 8 right
1 x 8 left

Pass the Ball Rolldowns
1 x 8 alternating right and left

Side Plank Pick Ups
1 x 4 two counts
1 x 8 single counts

Side Plank Hip Rotation
1 x 8

**Repeat Side Plank Pick Ups & Side Plank Hip Rotation on the left*

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flexibility

Pretzel Stretch with Ball

Hold for 4 breath cycles

Butterfly with Ball Circles

1 x 8 each direction

Roll Downs

1 x 4