



GINNY DUNNILL

BEAT THE BOREDOM WITH BARRE!



With many of us doing at-home workouts, it can be difficult to find fun ways to switch up our lower-body routine without needing equipment. Try swapping those squats for pliés in this ballet-inspired bodyweight strength workout. Barre, a fusion of ballet, Pilates, sports conditioning and stretching, is an accessible – and fun! – bodyweight workout that engages those deeper muscles (and your inner ballerina) through both isotonic and isometric work.

Try the following exercises; repeat each exercise twice at 16 reps each, plus 16 counts of pulsing at the end of each set. Focus on keeping a tall spine, with a slight pelvic tuck if you tend to arch your lower back.

EXERCISE #1

RELEVÉ IN 1ST POSITION



1. Bring your heels together and turn your toes out, forming a V-shape with your feet.

LEVEL 1



2. Rise onto your toes, lifting your heels as high as you can off the floor.
3. Slowly lower back down, pausing right before your heels touch the floor. Repeat. To challenge your balance, do this without holding onto any surfaces for support.

LEVEL 2

4. After 16 reps, hold at the top and pulse.

EXERCISE #2

PLIÉ IN 2ND POSITION



1. Step your feet about shoulder-width apart - further if you have long legs - and turn your toes out.
2. Bend your knees so they align straight over your ankles, pressing towards the outer edges of your feet. Slowly rise back up. As you lower down, sweep your arms up over head, bringing them back down as you rise. For extra challenge, keep your heels off the floor the whole time.
3. After 16 reps, hold at the bottom to pulse.

Alignment Tip: As you lower down, focus on keeping your ears, shoulders and hips stacked in one straight line. Unlike a squat, where you send your seat back, you want to keep your seat directly under your shoulders. Thinking about maintaining a slight pelvic tuck can help - but don't overdo it!

BEAT THE BOREDOM WITH BARRE CONTINUED.

NOTE: THIS IS NOT A SUBSTITUTE FOR MEDICAL ADVICE.

EXERCISE #3

FLAT BACK FLOOR SET – GLUTES



1. From hands and knees, extend one leg straight back and lift it up so it is in line with your hips. Ensure that your hips stay square and your core is engaged so that your low back doesn't dip.
2. Tap that back leg down to the floor, then lift it back up so it is in line with your hips.
3. After 16 reps, keep that leg lifted in line with your hips and pulse, lifting the leg up an inch and down an inch. To add a core component, extend the opposite arm out in front of you.
4. Repeat on the other side.

EXERCISE #4

FLAT BACK FLOOR SET – HAMSTRINGS



LEVEL 1

1. Start with your back leg lifted in-line with your hips and flex your foot.
2. Keeping your back leg in line with your hips, isolating from the hip to your knee. Curl your heel in towards your seat, then extend all the way back.



LEVEL 2

3. To pulse, hold the curl and flex your foot. For additional fire, add an extra 16 pulses with your toes pointed.
4. Repeat on the other side.



Ginny Dunnill is a BCRPA-registered Group Fitness Instructor, a Community Services Librarian with Richmond Public Library, and a bordering-on-obsessive cat mama residing in beautiful Steveston.

She has been teaching Barre for Barre Fitness South Surrey (currently virtual!) since 2016 and is thrilled to share a workout that translates to a workout-from-home just as well as in the studio.

For more information about Barre, visit www.barrefitness.com/.

