

Barre Affect Method



Sample Class Break Down

Warm-Up (3-5 minutes)

Arm Compound Movement Series

Compound Movement (15 Seconds or one 8 count of music) -

Isolated Arm movement 1 (15 Seconds or one 8 count of music)-

Isolated Arm movement 2 (15 Seconds or one 8 count of music)-

Isolated Arm movement 3 (15 Seconds or one 8 count of music)-

Isolated Arm movement 4 (15 Seconds or one 8 count of music)-

Isolated Arm movement 5 (15 Seconds or one 8 count of music)-

Isolated Arm movement 6 (15 Seconds or one 8 count of music)-

Repeat this series x3

Barre 1 Series

Choose 'One Hit Wonder' or 'Classic Style'

Movement 1 (15 Seconds or one 8 count of music)-

Movement 2 (15 Seconds or one 8 count of music)-

Movement 3 (15 Seconds or one 8 count of music)-

Movement 4 (15 Seconds or one 8 count of music)-

Movement 5 (15 Seconds or one 8 count of music)-

If you choose 'One Hit Wonder' repeat x4

If you choose 'Class Style' repeat series x3 then turn to opposite side and Repeat x3

Barre 2 Series

Movement 1 (15 Seconds or one 8 count of music)-

Movement 2 (15 Seconds or one 8 count of music)-

Movement 3 (15 Seconds or one 8 count of music)-

Movement 4 (15 Seconds or one 8 count of music)-

Movement 5 (15 Seconds or one 8 count of music)-

Repeat Series x3 then turn to opposite side and Repeat x3

Floor Barre Series

Choose Back (forearm support), Side or Table Top

Movement 1 (15 Seconds or one 8 count of music)-

Movement 2 (15 Seconds or one 8 count of music)-

Movement 3 (15 Seconds or one 8 count of music)-

Movement 4 (15 Seconds or one 8 count of music)-

Movement 5 (15 Seconds or one 8 count of music)-

Movement 6 (15 Seconds or one 8 count of music)-

Movement 7 (15 Seconds or one 8 count of music)-

Repeat Series x3 –Back and Side Body design finish with BEATS

Core Burnout Series

Movement 1 (45 Seconds or three 8 counts of music)-

Movement 2 (45 Seconds or three 8 counts of music)-

Movement 3 (45 Seconds or three 8 counts of music)-

Repeat x3 → END with a 1 minute PLANK

Cool Down (5-10 minutes):
