

- Equipment needed:
  - Internet connection
  - Kitchen counter, stable heavy chair, handrail, bed frame, or crib
    - Make sure this is hip to waist high so that you are not leaning down or up to touch it (folding chairs are generally too low; bar stool backs are generally too high)
  - Carpet/rug, yoga mat, thick towel, or blanket
- General class outline:
  - Dynamic warm-up
    - Movements to warm up your entire body to prepare for class
  - Planks
    - Entire body activation
    - Be sure to engage abdominals and tilt hips to maintain straight line from head to heels; lower to tops of thighs if necessary
  - Upper Body
    - Option to use 1-3 pound weights (soup cans and water bottles work) or perform without weights; do not use heavy weights (even 5-pound weights can be too heavy when performing many repetitions)
    - Concentrate on the muscle being used and imagine moving against/through mud or gel
    - Engage abdominals to protect your back
  - Lower Body
    - Maintain a full demi pointe, imagining pushing your arches over your second and third toes OR perform with heels on the ground. A “semi demi” is not recommended as it is a weak position for the ankles and can strain the Achilles tendon
    - Keep a neutral spine- no arch or sway in the lower back. The cues to tuck the hips or have a heavy tailbone are meant to neutralize the curve in the lumbar spine
      - Engage your abdominals; it is just about impossible to sway the back when the abdominals are engaged
      - By bracing the torso this way, we protect the back while we move the large muscles and joints of the lower body
    - Keep hips square. Imagine your hip bones as headlights that you always want to keep going forward and not off to the side.
    - Do not bend your knees past a 90° angle as this puts undue strain on your knees
    - In barre, we don't squat, we plié; keep shoulders over hips over feet
  - Core/floor work
    - Tilt the hips and engage the abdominals, pulling the navel to the spine to keep the lower back glued to the floor; this is to protect the back
    - Do not pull on the neck
    - Concentrate on engaging the abdominals with control; do not use momentum
  - Stretch
    - Do not force any stretch; stretch to the point of being uncomfortable, but not in pain
    - Keep breathing
  - If there is music, go to the beat
  - General barre “
    - Small, concentrated, precise movements
    - Lower weights, higher repetitions
    - Variations of speed
    - Equal parallel and turned-out work
    - Stretches after each muscle group worked