

BeyondBarre Choreography- Abdominal Component Combination



Action	Choreography	Counts	Repetitions	Sets
Lift Up	Lie down with the arches of the feet on the barre and the hands behind the base of the neck. Lift the head, neck and shoulders off the mat and lower back down.	1-lower 1-lift	8	4
Lift Up	After the last repetition, hold the lift.	8	1	1
Lift Up	When the hold is finished, lower 1 inch and lift up 1 inch.	1-lower 1-lift	8	4
Lift Up	After the last repetition, hold the lift.	8	1	1
Lift Up	Lower back down to the mat after the hold. Lift Up Side and reach the right arm across the left side of the body. Twist deeper to the left and lower the shoulders to the mat keeping the right arm reaching across.	1-lower 1-lift	8	4
Lift Up	Lift up to the left, and hold.	8	1	1

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Lift Up	After the hold, lower 1 inch and lift 1 inch.	1-lower 1-lift	8	4
Lift Up	Hold the last repetition.	8	1	1
Lift Up	Lower back down to the mat after the hold. Lift Up Side and reach the left arm across the left side of the body. Twist deeper to the right and lower the shoulders to the mat keeping the left arm reaching across.	1-lower 1-lift	8	4
Lift Up	Lift up to the right, and hold.	8	1	1
Lift Up	After the hold, lower 1 inch and lift 1 inch.	1-lower 1-lift	8	4
Lift Up	Hold the last repetition. To finish, lower the head, neck and shoulders to the mat.	8	1	1

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Action	Choreography	Counts	Repetitions	Sets
Lift Up w/ Legs	Lift the head, neck and shoulders off the mat. Two Bent Knees come into the chest and extend back out onto the barre. To finish, lower the head, neck and shoulders onto the mat.	2 counts each	8	4
Lift Up w/ Legs	Lift back up, bend both knees into the chest and as the legs extend back to the barre lower the head, neck and shoulders onto the mat.	1-lower 1-lift	8	2
Lift Up w/ Legs	After the last repetition, stay lifted. Lift both legs off the barre, and lower down. To finish, lower back onto the mat.	1-lower 1-lift	8	2
Lift Up w/ Legs	Lift the head and shoulders back up and lift the legs to 90° angle with flexed feet. Lower the legs below barre level and lift back to the 90° angle.	2-lower 2-lift	8	2
Lift Up w/ Legs	After the last repetition, keep the legs below barre level. Bend the right knee in towards the chest and twist to the bent knee. Switch sides. To finish, continue into a Back Stretch.	2 counts each	8	2