

BeyondBarre Choreography- Plank Series on Glide Board



Action	Choreography	Counts	Repetitions	Sets
Set-Up	Place both hands on the stopper or on the mat shoulder width apart. Both legs extend back on the Glide Board in a plank position.			
Knees In	Bring both legs in towards the chest in a 1st position, and then glide them back to the plank position.	2-in 2-out	8	2
Mountain Climber	After the Knees In, pause in the resting position, or continue with Mountain Climber. Bring the right knee in towards the shoulder, and switch to the left leg.	2-in 2-out	8	1
Mountain Climber	Same action as before now with a quicker rhythm. Finish by coming into a resting position.	1-in 1-out	8	2
Knees In	Bring both legs in towards the chest in a 1st position, and then glide them back to the plank position.	2-in 2-out	8	1

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Action	Choreography	Counts	Repetitions	Sets
Mountain Climber	Don't pause after the Knees In, and continue with Mountain Climber straight away. Bring the right knee in towards the shoulder, and switch to the left leg.	1-in 1-out	8	2
Knees In/ Mountain Climber	Repeat both actions in 3 more set (intervals), and rest between each set.	1-in 1-out	8	3