

The “Get the Sweat Out” 20-MINUTE WORKOUT!

This *Mini Workout from BeyondBarre* takes only about 20 minutes! But when it's over you'll feel...

your muscles burning...
your heart pumping...
and... yes...for sure... sweaty...

But you will also feel absolutely amazing!

However, once you've finished the workout, there's still one more tough challenge -- the task of **washing those sweaty workout clothes** so they end up sparkling clean and smelling as fresh as a sunny, springtime, morning. No worries, we can help.

The Laundress (www.thelaundress.com), a company with an eco-friendly line of detergent, fabric care, and home-cleaning products, has sent us some superb clothes-washing tips that will **get those odor-challenged workout outfits clean and smelling fresh** like never before. The tips are great, so I hope you'll give them a try. Your workout clothes and your nose will surely thank you!

1st Position Jumps

Action: Standing in 1st position. Plié, jump up with pointed feet and land thought the foot (toes, balls of the feet, heels).

4 Sets of 8 Reps

2nd Position Jumps

Action: Standing in 2nd position. Plié, jump up with pointed feet and land thought the foot (toes, balls of the feet, heels) in 2nd position in plié.

4 Sets of 8 Reps

1st and 2nd Position Jumps

Action: Standing in 1st position. Plié, jump up with pointed feet and land thought the foot (toes, balls of the feet, heels) in 2nd position in plié. Arms open and close from first to second position.

4 Sets of 8 Reps



connections

Step Side Curtsy

Action: Step out to the left side, cross the right leg behind the left and bend both knees. Repeat to the other side.

Weights: Add weights to your hands for an additional challenge.

#1- Open and close the arms from first to second position.

4 Sets of 8 Reps of the Step Side Curtsy

#2 - Raise the arms overhead from a first to a fifth position.

4 Sets of 8 Reps of the Step Side Curtsy

Curtsy Little Pulses

Action: Holding a low curtsy position pulse up and down.

#1- Open and close the arms from first to second position while pulsing.

2 Sets of 8 Reps of the Step Side Curtsy Pulses

#2 - Raise the arms overhead from a first to a fifth position while pulsing.

2 Sets of 8 Reps of the Step Side Curtsy Pulses



Tilt

Action: In a wide parallel 2nd position lunge to the right side, reach both hands towards the right ankle, lift while stepping over the left foot in a tilt to the left side with arms up by ears; repeat. *Switch sides.*

Weights: Add weights to your hands for an additional challenge.

4 Sets of 8 Repetitions



Demi Plié in 2nd Position (Little Bend)

Action: Bend knees over toes; heels stay down. Press into floor and lift to straight leg standing position.

4 Sets of 8 Repetitions

2nd Little Pulses

Action: Holding a low second position, making sure not to lower the tailbone lower than the knees, pulse up and down. To increase the intensity rise up onto the toes for the pulses.

2 to 4 Sets of 8 Reps

2nd Lift, Lift, Lift, Lower with one Heel Raised

Action: Holding a low second position with one heel raised, making sure not to lower the tailbone lower than the knees, lift one inch, lift one inch, lift one inch then lower 3 inches. *Switch the lifted heel.*

2 to 4 Sets of 8 Reps

Heel Raises

Action: Alternate lifting and lowering the heels.

4 Sets of 8 Reps



Demi Plié in 1st Position (Little Bend)

Action: Bend knees over toes; heels stay down. Press into floor and lift to straight leg standing position.

4 Sets of 8 Repetitions

1st Little Pulses

Action: Holding a low second position, making sure not to lower the tailbone lower than the knees, pulse up and down. To increase the intensity rise up onto the toes for the pulses.

2 to 4 Sets of 8 Reps

1st Butterflies

Action: Pulse the knees back.

4 Sets of 8 Reps



connections

Back Attitude

Action: Standing tall extend one leg behind into attitude position; point foot. Lower the leg and lift it. Tap the toe to the ground and lift the leg so the glute is engaged on the lift.

4 Sets of 8 Reps

Back Attitude Little Pulses

Action: Standing tall extend one leg behind into attitude position; point foot. Lift the leg. Lower the leg one inch and lift it one inch; pulsing.

2 to 4 Sets of 8 Reps

Back Attitude Circles

Action: Standing tall extend one leg behind into attitude position; point foot. Lift the leg and circle. Accent is on the lift of the leg.

2 to 4 Sets of 8 Reps

Rainbow Legs

Action: Standing tall extend one leg behind into attitude position; with a pointed toe touching the floor. Lift the leg up and over to the side; touch the toe to the floor. Repeat this action touching the toe to the floor in the back and to the side. Accent is on the lift of the leg.

2 to 4 Sets of 8 Reps

Hydrant Lifts

2 to 4 Sets of 8 Reps

Hydrant Pulses

Action: Standing in a parallel foot position. Soften the knees. Lift one to the side keeping both knees slightly bent. Pulse the leg up with small movements. Accent is on the lift of the leg.

2 to 4 Sets of 8 Reps



connections

Push-ups

Action: With the hands on a sturdy counter top, extend the legs long behind. Lower the chest down to the counter with the elbows hugging the body close to the ribs.

2 to 4 Sets of 8 Reps

Push-ups in Passe

Action: With the hands on a sturdy counter top, extend the legs long behind. Place the right toe on the left knee with the knee facing front. Lower the chest down to the counter with the elbows hugging the body close to the ribs, while at the same time lifting the knee to the side with the toe staying in touch with the left knee.

2 to 4 Sets of 8 Reps



Hamstring Lifts in Table

Action: From a table position press one heel up to the ceiling and return knee to knee.

4 Sets of 8 Reps

Hamstring Lift Pulses in Table

Action: Little pulses of the heel up to the ceiling with the foot in a flexed position.

4 Sets of 8 Reps



Hydrant Lifts in Table

Action: Lift the leg to the side with the heel flexed. Keep the hips square.

4 Sets of 8 Reps

Hydrant Pulses in Table

Action: Little pulses of the leg.

4 Sets of 8 Reps



Booty Shaper Hip Lifts

Action: Lift hips creating a long line between the head, hips and knees. Lifting the hips up lengthen long through the knees.

Variations: Small Pulses, Lift One Hip then the Other, Hip Circles. On toes with heels lifted. On heels with toes lifted.

4 Sets of 8 Reps of a minimum of 3 variations.



One Leg Shoulder Bridge Kick

Action: Lift hips creating a long line between the head, hips and knees. Lifting the hips up lengthen long through the knees. Extend one leg to the sky. Kick the extended leg towards the nose with a pointed foot. Flex the foot and lengthen the leg long stopping when the knees are next to one another.

4 Sets of 8 Reps



connections

Hip Lift

Action: From a reverse table position, lift hips creating a long line between the head, hips and knees. Lifting the hips up lengthen long through the knees. Lower down.

4 Sets of 8 Reps



Tricep Dip

Action: From a reverse table position, lift hips approximately 6" off the ground. Bend at the elbows and extend the arms.

4 Sets of 8 Reps



Crab with an Attitude

Action: From a reverse table position, lift hips creating a long line between the head, hips and knees. Lifting the hips up lengthen long through the knees. Lift one leg into an attitude position. Extend the leg up to the sky and lower down in attitude.

4 Sets of 8 Reps



connections

For more details on BeyondBarre fitness program, instructor training, home study and more... visit beyondbarre.com