



BAND-ITS BARRE CLASS IDEAS

The following are some focus ideas for you to use when planning your Band-ITS Barre classes. We have also provided example class plans for each focus idea.

FOCUS 1: WHOLE BODY

45-60 Minute Class

This plan ensures a full body workout, training strength in all positions.

You can choose to vary:

The exercises (3-4 per position)

The positions (3-5 per class)

The difficulty (using progressions & regressions)

FOCUS 2: SINGLE POSITION

30-45 Minute Class

This plan focuses on working in just one position (e.g. standing) to create all round strength in that position.

You can choose to:

Teach all exercises in that position

Choose 3-4 exercises and train in both parallel and turnout

Choose 3-4 exercises and increase load with each set

FOCUS 3: FUNCTIONAL

45-60 Minute Class

The exercises in this plan should fall into a category of primal movements: push, pull, squat, bend, lunge & gait. It is less specific to dance technique but more to overall body strength.

You can choose to vary:

The positions of the exercises

The timing/order of the exercises

The difficulty (using progressions & regressions)

FOCUS 4: 10 MINUTE SUPERCHARGER

10-20 Minute Class

This plan offers a quick but effective workout ideal for before a class or rehearsal. Pick just 3-4 exercises from 1 position and adapt the difficulty according to the level of the class.

FOCUS 5: TURNOUT TRAINING

30-45 Minute Class or 5 x 10 minute classes

This plan focuses on working turnout using the lower limb bands. These exercises are all geared towards turnout training, but you can choose to vary:

The positions of the exercises

The timing/order of the exercises

The difficulty (using progressions & regressions)

PROGRESSIONS & REGRESSIONS*

Remember that there are many ways to adapt the difficulty of every exercise. Harder/easier variations can be taught within the same class according to the level of each student. Ways to progress/regress exercises include:

- *Speed of the movement (fast/slow)*
- *Base of support (large/small)*
- *Movement Complexity (added movement or direction)*
- *Lever Length (short/long)*
- *Tempo (of concentric/eccentric/isometric movement)*
- *External load (heavy/light)*

**For more details on how to adapt the difficulty level of your classes for your students, go back to the "Progressions and Regressions" video that was sent in the first week of the course.*



BAND-ITS BARRE CLASS IDEAS

45-60 Minute Class



Focus 1: Whole Body Workout

Example exercises

SUPINE

1. Lat Pull & oblique lat pull
2. Knee fold 1 & 2
3. Bridge & Abd
4. Retire

SEATED

1. Half roll & bicep curl
2. Lean & row
3. Full roll down

SIDE

1. Leg lift & port de bras
2. Beats & leg lift
3. Plank & side bend

STANDING

1. Plie, pull & tendu
2. Wide plie & wide row
3. Plie, push & tendu
4. Side warding



BAND-ITS BARRE CLASS IDEAS

30-45 Minute Class



Focus 2: Single Position

Example "Standing Series"

VARIATION 1 - FULL SERIES

1. Full Standing Series

VARIATION 2 - PARALLEL & TURNOUT

1. Pull sequence (lats, biceps, triceps)
2. Push sequence (offering, biceps, triceps)
3. Side stability (both sides)

VARIATION 3 - INCREASE LOAD

1. Pull sequence (lats, biceps, triceps)
2. Push sequence (offering, biceps, triceps)
3. Side stability (both sides)



BAND-ITS BARRE CLASS IDEAS

45-60 Minute Class



Focus 3: Functional Workout

SEATED

1. Pull & twist
2. Roll down

SIDE

1. Side bend
2. Twist through

PRONE

1. Swimming

KNEELING

1. Plank toe-tap
2. Plank press
3. 3D Knee Driver
4. Push Ups

STANDING

1. Lunge & close row
2. Lunge & single arm row
3. Side lunge & chop
4. Lunge & press variations



BAND-ITS BARRE CLASS IDEAS

10 Minute Class



Focus 4: 10 Minute Supercharger

Example "Standing Series"

10 MINUTE STANDING WORKOUT

1. Pull sequence (lats & triceps)
2. Side stability
3. Push sequence (offering to fondu)

Example "Supine Series"

10 MINUTE SUPINE WORKOUT

1. Lat Pull
2. Knee Fold 1 & 2
3. Hip twist
4. Beats & retire



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Focus 5: Turnout

1 x 30-45 Minute Class
or
5 x 10 Minute Classes



SUPINE

1. Supine KFO with lat pull
2. Bridge KFO
3. Retire
4. Frog (feet in straps)
5. Beats & retire
6. SL circle

SIDE (BOTH SIDES)

1. Beats & leg lift
2. Retire

4 POINT

1. Turnout - deep hip rotators
2. Leg & arm lift & attitude prep

PRONE

1. Leg lift to turnout
2. Attitude leg lift
3. Beats

STANDING

1. Plie pull
2. Triceps ronde de jambe
3. Leg lift with lat pull
4. Side warding in turnout
5. Plie push & one leg fondu
6. Lunge & bicep