



GEORGINA

RECREATION AT HOME

Barre Fitness Workout

Build your strength and stamina with this body-sculpting workout. The best part: you will barely have to move a muscle to get there!

These moves may not look like much but are comprised of many tiny movements that will promise big results! You don't even need a barre to do the workout. As long as you have a support, like a chair or kitchen counter, and a stopwatch or clock, you're good to go! Your body weight does the rest.

Wall Push

Stand facing a wall with your arms extended in front of you, shoulder-width apart, palms resting on the surface. Bring your legs together and rise up onto the balls of your feet (a). Bend your elbows until your chest nearly touches the wall (b). Push back to the starting position. Do this for 30 seconds. Then continue for another 30 seconds, this time using a smaller range of motion and a faster pace.



Scissor Curl

Lie on your back with shoulders and feet raised, right leg extended up, and hands behind knee. Slowly curl up and down by an inch for 30 seconds. Continue, smaller and faster, for 30 seconds. Next, bring your left arm up to your ear and curl for 30 seconds. Then reach your left arm toward your right ankle, curling for 30 seconds. Switch sides and repeat the sequence.



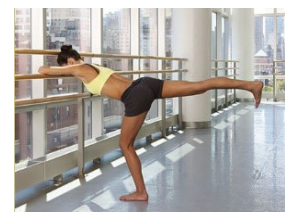
Parallel Extension

Stand next to your support, and extend your right leg in front of you, keeping your left knee slightly bent. Slowly lift and lower your raised leg by an inch for 30 seconds. Repeat, using a smaller, faster motion, for 30 seconds. Next, make small circles with your leg (as if your toe were tracing a quarter) for 30 seconds, then reverse the circles for 30 seconds. Switch legs and repeat the entire sequence.



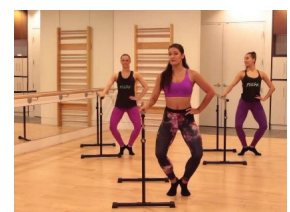
Semi-Fold over

Place your forearms on your support and rest your head on your arms. Lift your right leg, foot flexed, and bring your heel toward your butt. Press your heel up and down by an inch for 30 seconds. Continue, only smaller and faster, for 30 seconds. Extend your leg and slowly lift up and down by an inch for 30 seconds. Continue, smaller and faster, for 30 seconds. Switch legs and repeat the entire sequence.



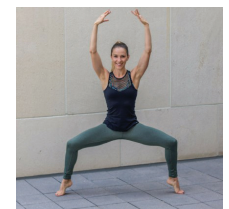
High-V

Stand next to your support, feet in a narrow V. Rise onto the balls of your feet, keeping your heels glued together; bend your knees, bringing your butt down toward knee level. Slowly move down and up by an inch for 30 seconds. Repeat, smaller and faster, for another 30 seconds.



Wide Second

Stand with feet more than hip-width apart, toes turned out. Lower your body about six inches. Slowly move down and up by an inch for 30 seconds. Continue, smaller and faster, for 30 seconds. With knees bent, rise onto the balls of your feet, then lower your feet; continue for 30 seconds. Repeat, faster, for 30 seconds.



For more Barre Workouts – check out this YouTube Channel

<https://www.youtube.com/watch?v=jw71ghzYOps>