

**Above the Barre with Tricia Murphy Madden**  
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**WARM UP**

Overhead Skull Crushers with knee lift

- Bend Elbows and bring arms overhead and pull down
- Can be done with or without weights
- Do them slow to start and then increase tempo

Lunge Back with Spinal Twist 12 Per Side

Frame the face side lunges 12 Per Side

Plie Squat with ball

- Halfway down and up 12
- Pulses 12
- Hold 12 seconds
- Repeat with heels up
- Alternating Heel Lifts

**STRENGTH**

Push Ups:

- 10 - 12 with alternating side plank
- 30 regular push-ups on knees

Curtsy Back lunge Combo with Abduction balance: (students holding the ball or weights)

- Curtsy lunge 12 times with abduction balance
- Back lunge 12 times with abduction balance
- Combine both for 6 Sets
- Curtsy pulses – down half way up, then pulses with heel lift
- Back lunge – down half way up, then pulses with heel lift

Standing Squats – Ball between legs

- Single squats
- Down, half-way up
- Hold down and pulse – option to lift heels
- Just hold – no movement
- Make sure they are squeezing the ball the entire time

Calf Raises:

- Hold onto mirror or wall very lightly and lift heels
- Add pulses

Wall/Mirror Squats:

- Have students place one arm on the mirror
- Lift heels up so they are on the balls of their feet
- Now have them bring their heels together as close as they can and bend knees
- Start with singles down and up
- Down half-way up
- Hold down and pulse
- Just hold movement

Stretch on mat:

**Take students to the floor**

On Knees Ball between Legs:

- Lean back 2 counts and then come forward
- Pulse back and hold
- Squeeze glutes

Fire Hydrant: (make sure students stay centered and don't lean)

- Basic lift out to side
- Hold up and pulse
- Kick Outs
- Extended leg small lifts

Arms: (Can be done sitting or standing)

- Tabletop with hinge
- Arms up and wide, middle and close together – pulses up and half way down (very small).
- One Arm shoulder raises
- Scoop Ups
- Pure Biceps with Balance Option
- Tricep Extension - 1 arm extension

## **CORE**

Plank: (all done in plank position either on wrists or forearms)

- Hold in place 1 minute
- Jog with knees 1 minute
- Hip Drops 1 minute
- Slide forward and back 10-15 times
- Leg Lifts 20 per leg

Earthquake with Alt Arms (Ball in low back):

- Alternate Arms
- Crunch – 1min
- Arms Up (no weights necessary)– then take R arm to a diagonal to floor – lift and lower palm up and down – very small movement. Make sure their left arm stays up in air.
- Repeat on other side with diagonal
- Twist and Reach
- Hold and Reach
- Hand on Hand side twist

Table Top: (option – ball can be under low back)

- Toe Taps with light weights in hands alternating (same arm as leg)
- Hold – arms up, move knees and arms 2 inches apart and hold for 10 seconds. Move 2 more inches apart and hold for 30 seconds.