

Bender Barre None with Tricia Murphy Madden
tricia@denalifitness.com or Twitter @murphmadden or
facebook Tricia Murphy Madden

WARM-UP (Heat)

Pull Downs

*With light weights optional, 32 pull-downs

Wood Chop

*With Bender Ball in Hand Staggered Stance, 24 per side

Tendue (pronounced tahn -dew)

*8 Front, 8 Side, 8 Back

2nd Set Wood Chop

2nd Set Tendue

2nd position Grande plié

*Half way 8, pulses 16 and hold 8, repeat with lift heels

Frame the face side lunge

*16 per side

Lunge Combo

*Lunge backwards, Open to wide stance squat, return to lunge, come up repeat up to 8 times

*Add Dead lift (2 counts down and up)

*Put both combos together and repeat 4-6 times

Work Section: (Strengthen)

Push-UPS – Chest, Tricep, Chest, Tricep

*Lower down $\frac{3}{4}$

*Hold for 5 seconds

*Rest 5 seconds

*Hold for 10 seconds

*Rest for 10 seconds

*Hold for 15 seconds

*Rest for 15 seconds

*PULSE for 12

Proposal Lunge series

*12 Full ROM, 12 Half ROM, Lowest point to Halfway up, 12 Pulses, tiny movements

***Lift Front Heel (releve) Pulse for 12 to 24**

***Finish with a hold**

Cuppe sounds like (ku-pay) (means cup the heel) combo

***Front 1-2, Side 3-4, Back 5-6 Side squat 7-8**

***REPEAT 8 Times**

Ski Slope lunge

***With Body Upright Pulse Lunge for 8**

***With Hands down towards the foot Pulse Lunge 8**

***Repeat 4 times**

***Pulse for 4 both up and down**

***Repeat 4 times**

***Pulse for 2 counts up and down**

***Repeat 4 times**

Squat

***With Bender Ball between legs, Lower into chair pose**

***Come up halfway ROM 12 times**

***Hold Down and pulse 12 times**

***Hold for 12 counts**

***Lift heels and hold for 12 counts**

Bat ma – Straight Leg Kick

***16 Straight Leg lifts with deep lunge back**

ARMS

Table Top

***12 Standing Up**

***12 with hip hinge (baby squats)**

Shoulder raise

***12 Standing Up**

***12 with Hip Hinge (baby squats)**

Bicep Scoops

8Pulse up 24 and down 24,

Regular Biceps

832 Bicep Curls

32 Tricep Extensions

T-Bar

*½ way in – 16 lifts up, 16 lifts down

Floor/Core: (Refine)

Plank Series

*On the forearms, hold for 30 seconds

*Follow with pulsing forward and back for 30 seconds

Side Lying Series

*With ball wedge in side, hand behind the head, float elbow off the ground for 4 seconds

*Repeat 10 times

*Repeat L

EARTHQUAKE

With the ball wedged in the low back, lean back

*Scissor arms for 60 seconds

*Reach the arms over head for 10 seconds and then out for 10 seconds or until they are shaking

Bow & Arrow

With the ball wedged into the small of the back, Extend the arms out, bring one elbow until it touches the ground. Lift the elbow and float it for 3 seconds. Repeat 8 times.

Table Top

Lying on the back, place the bender ball under the small of your back. Tap the toes and return them to table top. Repeat for 30 seconds

Do this TWICE

REVERSE CRUNCH

Lying on the back, place the bender ball under the small of your back. Reverse Crunch. Repeat for one full minute.

Do this TWICE

Bridge Series

While lying on the back, knees bent, feet flat on the floor...place bender ball between the leg. Lift into bridge pose. Repeat 12 times, Hold up pulse 12 times, extend the right leg and hold for 8 counts, extend the left leg and hold for 8 counts.

REPEAT Twice

Butterfly

While lying on the back, lift the feet off the ground. Place the ball between your legs. Bring the knees in and out while squeezing the ball as hard as you can. Do this for at least 1 minute.

Hamstring Bridge

With knees bent lying on your back, place the bender ball under your feet. Slowly Lift and lower in and out of bridge pose. 1 minute total.

REPEAT Twice

