

I'm not a bot





Barre workouts offer several benefits, including building muscle mass without high-impact exercise. Developed by Lotte Berk as a form of rehabilitation for her spinal injury, barre combines elements of ballet, Pilates, and yoga to create a low-intensity workout. Despite its dance roots, barre is not about performance, making it accessible to anyone regardless of their dance background or sense of rhythm. A 15-minute beginner barre workout, created by Lauren George, features six exercises that work together to deliver a full-body workout. To complete the routine, stand next to a chair with your left side and perform the following movements: ##### Second Position Plié to Relevé Stand with feet wider than hip-width apart and hold onto the chair's back with your left hand. - Bend knees into a plié squat, then lift heels to balance on the balls of your feet in relevé, sweeping your right arm up and over your head. - Lower arms and heels to the ground, squeezing through your inner thighs as you return to standing. ##### Upright Parallel in Relevé Stand with parallel feet and place both hands on the chair's back. - Lift heels and bend knees slightly, keeping your back flat. - Bend knees further, lowering your body a few inches while maintaining heel lift. - Repeat, returning to the starting position. ##### Curtsy Lunge to Oblique Knee Lift Stand next to the chair with your left foot in front and right foot behind it, heel raised. - Extend your right arm to the side at shoulder height. - Bend knees, hinging at your hips and lowering your torso toward the ground in a deep curtsy. - As you return to standing, lift your right arm. Stand with your feet shoulder-width apart, draw one leg forward, tapping the toes outwards, then lift the knee while lowering the elbow to tap it together. Return to starting position, repeat on the other side. Barre exercises are a great way to improve your posture and alignment as you move. By targeting key muscles in your upper back, middle back, and core, barre helps you stand up straight and maintain good posture. "You work a tonne of muscles that's crucial for good posture," says George. 3. Barre is also an excellent way to improve your core strength without having to do additional exercises. The movements in barre require dynamic stabilization of the core, which helps build strong abs. 4. Barre targets stabilizing muscles, which can lead to soreness after a few classes. However, this soreness is a good sign that you're working on strengthening those small muscles we don't use much in our daily lives. By targeting these muscles and increasing stability in your body, you'll move more efficiently and reduce the risk of injury. Most barre exercises are low-impact, making them perfect for people who want to avoid putting too much stress on their joints. "But don't think they're easy," says George. "They can be high-intensity or challenging while still being low-impact." 6. Barre offers a lot of movement variety, which is essential for overall fitness. Unlike our daily activities that mostly involve forward and backward movements, barre exercises focus on lateral movements, turning your feet outwards. This helps build strength in different planes of motion. Doing barre workouts at home can be just as beneficial as attending boutique studio classes. All you need is some dumbbells and a chair to get started. Ballet-inspired barre workouts improve balance, flexibility, and range of motion while also enhancing your posture and mind-body connection. Stand with feet parallel and touching, hands on chair back (A). Press onto balls of feet, bending knees in deep plié (B), squeezing thighs together. Lift halfway, keeping knees bent, then return to plié position (C). That's one rep; do 20 reps for glutes, hips, and obliques. Stand tall with feet in first position, right hand on chair back (A). Extend left leg behind hip into arabesque, foot pointed, and reach left arm forward (B). Bend left knee out to side into attitude position, reaching left arm above head (C). Return leg to arabesque. Do all reps one side, then switch; repeat for 20 reps per side, targeting thighs, hips, abs, and arms. Stand tall in first position with right hand on chair back, bracing abs tight and lifting left leg forward as high as possible (A). Raise left arm to frame face, lowering leg out to side and arm into second position (B). Circle leg behind body, reaching arm overhead (C), then lift back up and lower. Do all reps one side, then switch; repeat for 10 reps per side, targeting thighs, hips, abs, calves, and arms. Stand in fourth position with right hand on chair back, left arm in second position (A). Rise onto balls of feet, pliéing while extending right leg straight and lifting left knee out to side. Bring left arm overhead (B), then lower foot and return arm to second position. Do all reps one side, then switch; repeat for 20 reps per side, targeting glutes, thighs, hips, abs, and upper back. Stand with feet parallel, holding dumbbell in left hand, right hand on chair back (A). Extend right leg behind body, bending left knee and reaching left arm toward floor (B). Open left arm out to side while lifting right leg up. That's... 1. Lower both arm and leg. Repeat on each side with 20 reps. 2. Grab a pair of dumbbells and stand tall in first position. Raise arms overhead, bend elbows out to the sides, lower the weights slightly behind head while keeping abs tight. 3. Move to second position, then bring arms up in front of chest, open them outwards, bring back together, lowering arms and extending legs for 20 reps. 4. Sit with knees bent, feet flat on floor, pull abdominals in tight. Bring both arms to hips, lift body off ground, round back and roll through spine, lifting elbows and curling dumbbells into chest for 20 reps.

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