



BAND-ITS BARRE EXERCISE LEVEL GUIDELINES

I would suggest that you start the programme without the leg straps and then add them when each exercise has good form and students are used to changing the upper limb resistance levels.

With proper application of the progressions and regressions each of these exercises can be delivered to any age group and ability.

The guideline below outlines the exercises that require more technique and control so may be viewed as more advanced. These may want to be added as students progress or used with a more advanced class.

ADVANCED EXERCISE LIST

ADDITIONAL NOTES

SUPINE

1. Chest lift*
2. Hip twist 2
3. One leg stretch
4. Beats
5. Bridge variation 3 & 4

**Proper neck control should be mastered before progressing to chest lift. Longer levers for hip twist and leg stretch also need more control.*

SUPINE (FEET IN STRAPS)

1. Leg circles
2. Beats with retire

SIDE

1. Retire & developpe
2. Advanced side bend
3. Twist through & retire

PRONE

1. Beats*

**Long leg lever required; need strong pelvic control before doing beats in this position.*

KNEELING

1. Toe tap advanced
2. Plank press 2 & 3
3. 3D Knee driver 2 & 3
4. Flow to bridge
5. Push up arm variations

STANDING ***

1. Pendular
2. One arm row twist
3. Sword draw with balance
4. One arm press & twist
5. Bicep leg lift
6. Tricep press

**Solid trunk control (pelvis, thorax, deep core) needed for all advanced standing exercises.*