





Barre Fusion

Karla Fernandez, MA, NASM-CPT

Barre Fusion combines ballet-inspired barre exercises with elements of Pilates, yoga and strength training using high-repetition, low-impact resistance movements. There are endless benefits to a Barre Fusion workout – flexibility, posture, strength, endurance, and improved balance. However, these benefits cannot be achieved without a strong foundation. The basics that will be discussed within this outbreak session include:

<p>The Barre Tuck</p> <p>By engaging your core, you want to point your tailbone down and scoop your hips so that they tilt slightly forward. This position of the hips is a way to get a neutral pelvis.</p>	
<p>First Position</p> <p>Standing at the barre, your heels should be placed together with your toes turned out to the sides.</p>	
<p>Second Position</p> <p>Standing at the barre, your feet are slightly wider than your hips with your toes turned out.</p>	
<p>Relevè</p> <p>Relevè means to raise your heels off the ground, where you'll be on your toes.</p>	

Pliè

Pliè means “bent” in French. Taken from ballet, pliè in barre means bending of the knee. There are two types of pliès – demi pliè and grand pliè. Demi pliès are half bends of the knees and grand pliès are a full bend of the knees until the thighs are parallel to the floor.



Pulse

A pulse is a small range of motion that ranges between 2 – 3 inches, where you repeat quick, explosive moves.



Bridge

Lie on your back with your knees bent and your feet flat on the floor. While tightening the abdominals, raise your hips off the floor until they are in line with your knees and shoulders.



Learning these essential basics will establish a strong base in your barre fusion journey. Ultimately, your body will feel amazing and thank you after each session.