

# 1.1

## Chair Pulses

### Cues

Chair pulses  
Arms Raised  
Lower & Hold  
Chair pulses  
Releve

### Qualities

Bends knees to 90 degrees  
Keep elbow of raised arm strong  
Use barre for balance

### Modifications

Smaller angle of knees  
No releve

### Muscles

Gastrocnemius, Glutes, Hamstring, Quads

Mountain  
Chair  
Chair Releves



# 1.2

## Diamond Legs

### Cues

Heels touch, toes out

Lower down into a squat

Releve to toes

Arms Skyward

### Qualities

Straight back

Strong legs

Strong arms

### Modification

Less bending of the knees

No releve

### Muscles

Plantar muscle, Gastrocnemius, Quads

Diamond Legs  
Diamond Plie  
Diamond Releve



# 1.3

## Attitude

### Cues

Abduct pointed toe away

Flex foot toward glutes

Bend standing leg

Pulse abducted leg

### Qualities

Strong core

Bend standing leg

Engage glutes

Modifications

Do not bend standing leg

### Modifications

Do not bend knee as deep

### Muscles

Glutes, Quads, Gastrocnemius

Attitude

Attitude Back

Attitude Back Plie



# 1.4

## Plie Sequence

### Cues

- Begin in plie, Releve, pulse
- Arms sky ward
- Step open for wider plie, Releve pulses
- Arms open wide
- Open to third, Releve pulses
- Arms forward

### Qualities

- Ankles together, spread apart each time
- Strong elbows and arms
- Head held high
- Modifications
- Keep hands on hips
- Shorten stances
- Traps, Deltoids, Hamstrings, Quads

### Modifications

- Do not bend as deep

Diamond Plie Back  
Diamond Releves  
Open Plie Sequence



# 1.5

## Standing Crunches

### Cues

Raise to releve

Lateral crunch elbow to knee

Open crunch

Pulse arm skyward

### Qualities

Engage oblique

Strong legs

### Modifications

Side crunch without bringing elbow to knee

### Muscles

Oblique, Traps, Quads, Hamstrings

Releve Standing Crunch  
Standing Side Crunch  
Return Standing Crunch



# 1.6

## Plie Turn Lunge

### Cues

- Plie turn lunge
- Begin open leg plie
- Sink low, Pulse
- Turn lunge
- Lift foot completely off floor
- Sink knee over ankle
- Open back into wide plie
- Lift foot completely off floor, Pulse

### Qualities

- Strong arms
- Even weight from side to side and front to back

### Modifications

- Shorten stance

### Muscles

- Glutes, Quads, Hamstrings

Plie Wide  
Lunge Forward  
Plie Wide Out



# 1.7

## 180 Knee Bends

### Cues

Bend outside leg  
Arms out , Pulses  
Extend leg pointed toe  
Micro bend standing leg  
Extend leg back  
Standing leg pulses  
Skyward arms

### Qualities

Leg extends and bends in front  
Side and back of the body

### Modifications

Less of a leg extension  
No pulses of standing leg

### Muscles

Glutes, Hamstrings, Gastrocnemius, Quads

Knee Bends Forward  
Knee Bends Abducts  
Knee Bends Back



# 1.8

## Heel Releve

### Cues

L/R lift, Pulses

Both heels lower

Both heels releve, pulses

Cycle through

### Qualities

Wide legged plie

Even weight L/R

### Modifications

Narrow stance

Slower cycles

### Muscles

Gastrocnemius, Glutes, Plantar

Heel Releve Open  
Heel Releve Both  
Heel Releve L/R



# 1.9

## 90 Degree Knee Bends

### Cues

- Descending leg extensions
- Bend outside leg
- Open legs, straighten
- Return leg, descend standing leg
- Pulses

### Qualities

- Engage core
- Point toes out

### Modifications

- Keep leg bent

### Muscles

- Gastrocnemius, Glutes, Hamstrings, Quads

Knee Bend Front  
Leg Abducts  
Knee Descends



# 10

## Chair Releves

### Cues

Sit low into chair

Arms sweeps floor

Releve up

Arms float up

Pulses

Sit low into chair squats

Hold

Pulses

### Qualities

Sit in chair 90 degree angle

### Modifications

Shorten angle of chair

### Muscles

Quads, Glutes, Gastrocnemius, Hamstrings

Chair Sweep Releves

Chair Sky Releves

Chair Releve Out

