

# Project Knackarsch (3)

Part III of the “Knackarsch” series is all Barre infused. You can also use the back of a chair.

Set your timer on 50sec power and 10sec break (or 40/10 or 30/10) one round, but feel free to do another one. Or combine all three workouts in one go.



### 1) Parallel Plié

Stand upright with your feet closed and on tiptoes. Keep knees squeezed together and go down into a plié. The heels stay up and the shoulders are right on top of your hips. Pull your abdominals towards your spine. Think Ballerina!!!



### 3) Plié Turnout

Stay up on your tiptoes and turn your feet out from your hips (you should feel your bum). Now go down into a plié and come back up. Straighten your legs completely. (like in exercise No. 1)

### 2) Parallel Plié Pulses

Stay down in a plié position and pulse slightly up and down.

### 4) Turnout Plié Pulses

Stay down in a plié position and pulse slightly up and down.



### 5) Arabesque Straight leg lift

Stand a bit further away from the barre and lift your right leg straight up. Keep your chest open and your back muscles working. Pulse the leg slightly up and down (with control)



### 6) Leg Cross Over

Take your right leg down and place it slightly to your right. Then lift it all the way up again and cross over to tap down on the left side. Your upper body stays stable.



### 7) Leg Kick

Turn your torso slightly to the right so that your hip is opening. Bring your knee towards your right shoulder and then kick it out as high as you can. Your torso maintains in the same position. Core is engaged.



### 8) Standing Knee Turnout Right

Stand upright and bring the right leg down and bend it. The knee of the right leg is slightly behind the left one (standing leg). Now pulse the right knee up to the side. Try and keep your foot in position.

Do the exercises No. 5 – 8 now on your left leg -> -> -> exercises 9 to 12



### 13) Sitting Side Kneelift

Sit on your left bum cheek with your left leg bend in front of you. Your left hand is in line with your knee. The right leg is bend as well, but backwards and the knee is in line with your hips. Lift the right knee off the ground – feel your obliques working as well.. The right leg is now pulsing up and down. Keep your upper body stable and as upright as you can.



### 14) Sitting Side Kickback

Stay in the same position as in the previous exercise. Flex the foot of your right leg and push the leg backwards. – like if you would want to push against a wall. Again, the upper body remains stable and upright.

Do the exercises No. 13 & 14 now on your left leg -> exercises 15 & 16