

#ideaworld



LIMITLESS

Bar(r)e Legs

PRESENTED BY

Alex McLean & Portia Page

Bar(r)e Legs

Barre-inspired classes offer a wealth of movement patterns and exercise progressions for the lower body to augment your traditional training. Join Alex and Portia on a journey through the lower body combining music and movement for a creative, inspiring workout. Your takeaway will be exercises and 4-creative sequences you can use with groups or your personal training clients to give new “legs” to your exercises and routines!

PROPS used:

Smart bells

Pilates ring

Therabands

Loop bands

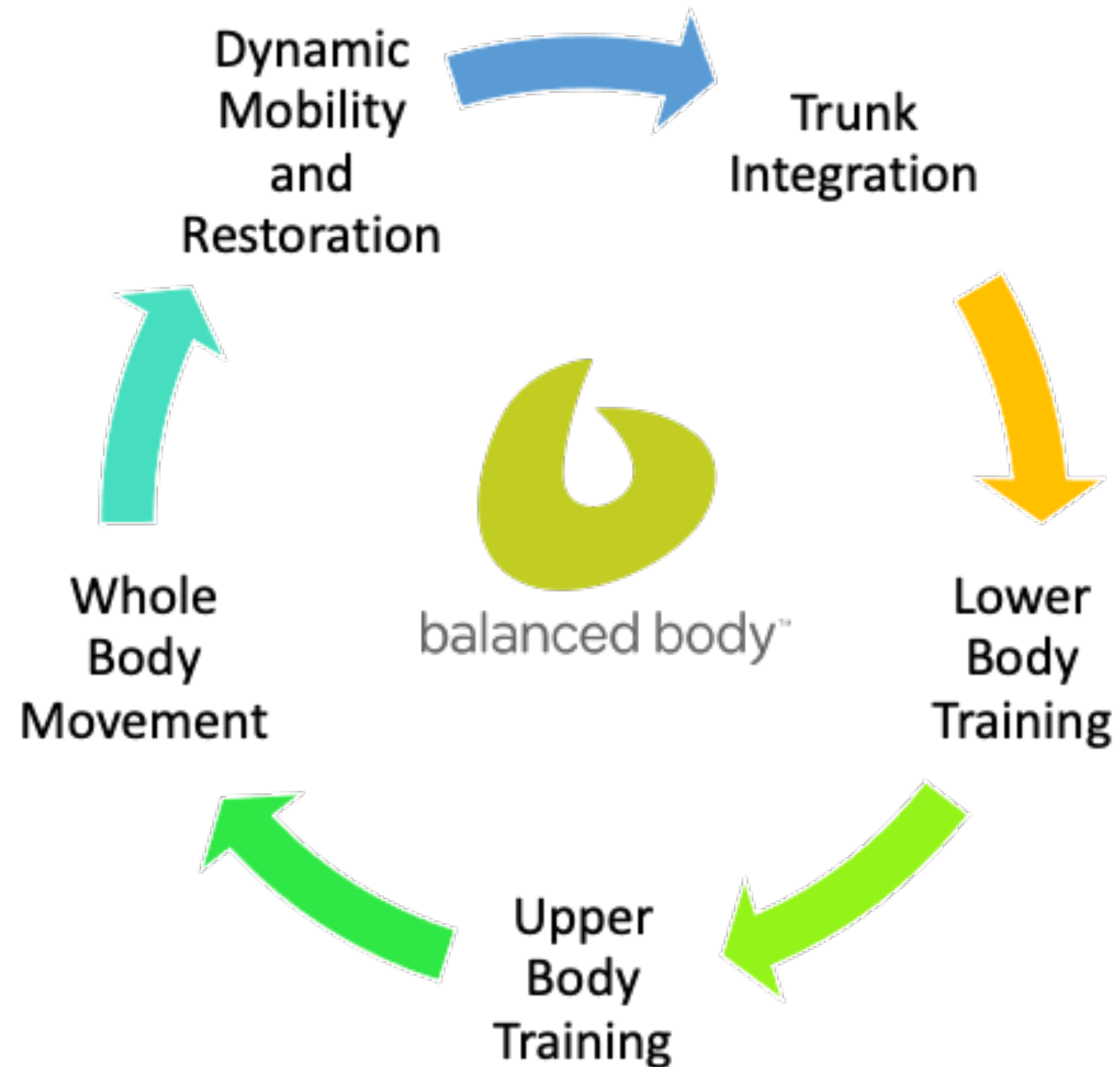


#ideaworld

Balanced Body Movement Principles

WHY?

- Serves as cornerstone of education
- Illustrates benefits for your clients
- Identifies imbalances as they happen
- Offers easy directive cueing
- Invests clients & students in the process



Lower Body Training Protocol



1. Optimize Alignment
2. Create balance & ROM in hips, knees, ankles, feet
3. Create balanced strength in all 3 planes of motion for lower body
4. Create endurance for functional activities
5. Train agility, balance, coordination and power



#ideaworld

4 sequences to music

- 2 from Alex
- 2 from Portia
- Choreography notes available at session
- Choreography notes available at session



#ideaworld

Thank you for joining us! Stay in touch:

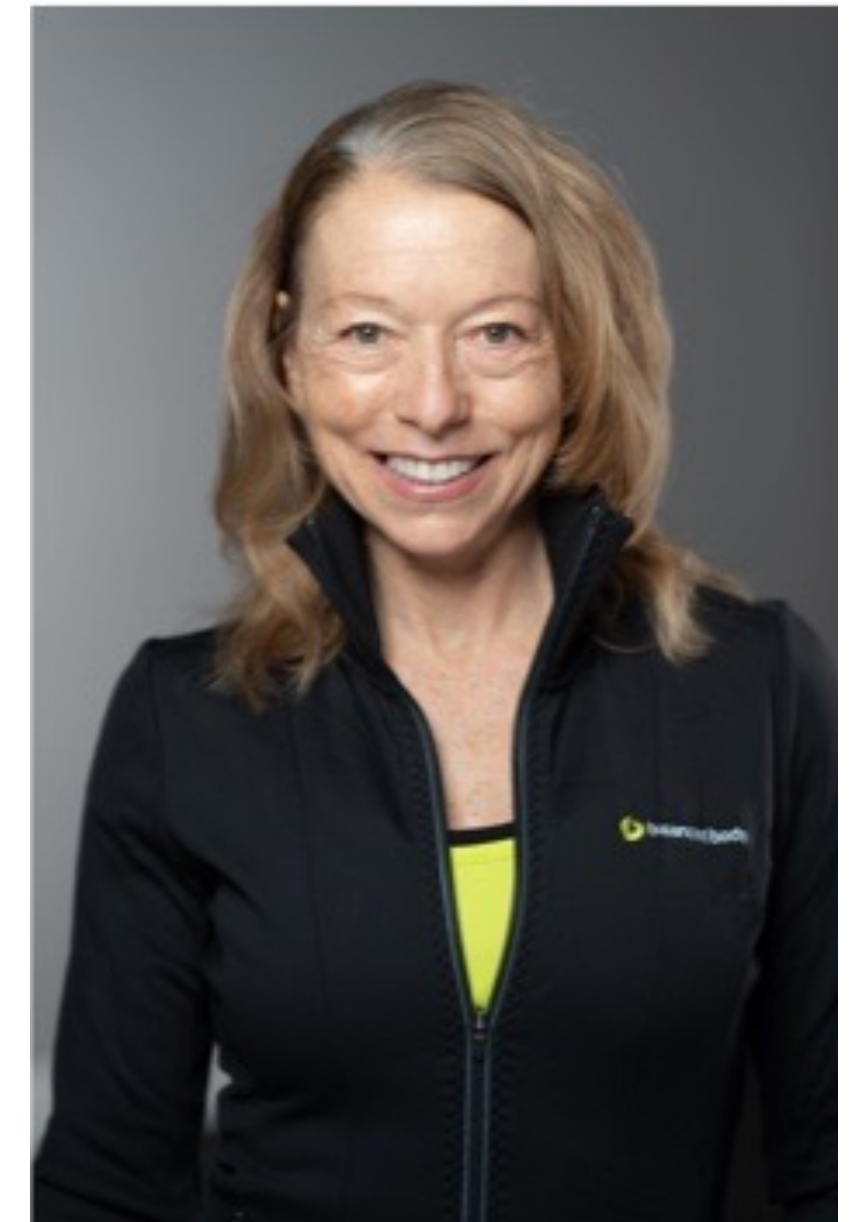
Contact info:

- Alex McLean
- contact me:
- FB & IG: @alexleanmclean
- linktr.ee/alexleanmclean



Contact info:

- Portia Page
- contact me:
- FB & IG: @portiapage
- www.portiapage.com
- [Linktr.ee/portiapage](https://linktr.ee/portiapage)



#ideaworld