

# BUTT, LEGS + CORE BALLET WORKOUT

Grab a chair and feel the burn! You'll bring out your inner ballerina with this ballet-inspired workout that targets the hips, glutes, and core. Perform entire circuit twice for a 10-minute workout!



## PLIÉ SQUAT

Standing beside your chair, step your feet out into a wide squat. Inhale to allow your pelvic floor and belly to relax and on your exhale drag your outside foot in as you rise up to standing. On the next inhale slide your foot back out. Perform 30 sec/side.

## ARABESQUE LUNGE

Resting your hand lightly on the chair, inhale slightly & bend your standing leg as you extend your outside leg behind you. On your exhale straighten your standing leg and come up to standing. Perform 30 sec/side.



## RELEVÉ SQUAT

Turn to face your chair and step your feet wider than hip width. On your inhale allow your pelvic floor and core to relax as you sit down into a squat. Stay down in the squat as you repeatedly lift and lower the heels. Check that you do not hold your breathe. Repeat 1 min.



## TENDU LEG LIFT

Facing your chair, bring one foot to rest on the seat. Stand strong on supporting leg. As you exhale engage your pelvic floor & lower abs as you lift your foot off the chair. Feel your quad, abdominals and hip flexor muscles working. Perform 30 sec/side.



## SIDE LEG LIFT

Turn your body to the side and bring your leg to the side, resting your foot on the seat of the chair. Lift up on your standing leg and lean slightly away from the chair. On your exhale engage your core and PF as you lift your foot off the chair. Perform 30 sec/side.

