

totalbarre

# Programming Guide

A high-energy program focusing on strength, flexibility, stamina and dynamic stability.





Total Barre™ is a high-energy program that focuses on strength, flexibility, stamina and dynamic stability by combining elements of Pilates, dance, cardio and strength training. The predominantly standing workouts are driven by music which, when used appropriately, has been proven to increase coordination, motivation and improve movement quality. Incorporating the Total Barre Foundational Principles, this program not only teaches choreography but pays particular attention to exercise essence and correct biomechanics of movement. Instructors are shown how to use the progressive template, suggested music speed and tempo, modifications and variations and how to cue effectively and safely to music to achieve outstanding results for all levels of clients.

## Instructor Foundation Course

### Methodology

The Total Barre Foundation Course provides the groundwork for Instructors, enabling them to produce safe, effective and varied programs that address the needs and goals of every client. Drawing from the diverse backgrounds of our Instructor-base, the Merrithew™ team has created this program which equips Instructors with the knowledge and confidence to design and teach highly evolved, standing fitness classes in any setting.

### Format – 11 Segments

The Level 1 Foundation Course presents 11 specially arranged and selected segments serving as the template for each session or class. Each Total Barre class follows this template; however, the specific programming and exercises are determined by the Instructor to address individual class requirements and objectives. Segments are accompanied by timed selections of music, each at a designated pace. The 11 segments focus on individual areas of the body or movement types and when combined, produce a balanced and complete workout.

### Online Resource

Each segment from the Foundation Course has been filmed with Moira Merrithew reviewing choreography and focus with and without music. These videos are posted in a secure area of **merrithew.com**. Upon completion of the course, all participants are given access to these great visual resources for reference and review.

### Template Benefits

This simple template is instrumental in assisting Instructors to teach well-structured, systemized Barre classes. Once the basic format is presented, Instructors are taught strategies allowing them to progress clients by modifying the primary exercises, creating new variations of those exercises or altering the pace through the accompanying music. Instructors develop awareness to closely monitor the performance of their clients through the understanding of how and why each movement is being performed. This knowledge creates an understanding of how to modify or vary exercises when necessary by adding props or altering the rhythm of the music.

### Six Principles

Participants are also introduced to the Total Barre Principles – six movement awareness fundamentals that provide the structure and biomechanical basis for each exercise. Once the exercise sequences have been introduced and experienced, the Principles are applied and the Essence of each exercise is examined. These are reinforced by the theories of dynamic stability, optimal mobility and movement efficiency.

### Additional Concepts

Programming and exercise choice for each Total Barre class focuses on exercise progressions, movement form and efficiency, and the importance of cueing with music for movement quality. Additional concepts are explored — including the value of cardio-based intervals within a program, suggestions on themes of workouts or programs geared toward specific fitness goals — to add variety and meet the needs of a wide range of clientele. Expertly crafted Total Barre classes leave clients feeling energized, invigorated and delighted, improving fitness and quality of life, while helping avoid injury.

**PREREQUISITE:** This course is intended for those already working in the fields of fitness or movement or anyone with an interest in developing the related skills. There are no prerequisites, although a history of participation in fitness or movement is highly recommended. All participants in the course are issued a letter of completion and granted an Instructor qualification.

### Foundation Course Objectives

1. Learn how to apply the Total Barre Foundational Principles.
2. Understand how to use the Total Barre Template.
3. Discover modifications appropriate for the still active but less mobile client.
4. Explore appropriate musical beats per minute for each section of the workout and cues and corrections for safety and effectiveness.

### Continuing Education Credits

0.7 STOTT PILATES® and from other organizations.

### Equipment Used in the Course

Stability Barre™, Pilates Mat, 12" Mini Stability Ball™, Soft Dumbbells/Handweights 1.1–2.75 lb

## Instructor Workshops

**RECOMMENDED:** Total Barre™ Workshops offer further programming content and choreography not covered in the Foundation Course. All workshops provide CECs from STOTT PILATES® and other organizations.

*Please note: Taking workshops alone without participating in the Foundation Course will not result in Total Barre Instructor Qualification.*

### Total Barre Endurance 1

This high-energy, four-hour workshop is a great opportunity for Instructors looking to bring music-inspired movement to their clients. Following the class template used in the Total Barre Foundation Course, Instructors learn unique choreography to create a biomechanically well-balanced and fun Barre program. Incorporating light props such as the Flex-Band®, Mini Stability Ball™ and Toning Balls™ gives Instructors more flexibility for their clients in an hour-long, endurance-focused class.

### Total Barre Endurance 2

This workshop adds even more neuromuscular challenge to coordination learned in Level 1. Working in a continuous flow keeps the heart rate elevated, balance and strength exercises now use a number of props such as Handweights or Toning Balls™, Foam Rollers and Ankle Tubing to bump up the strength and calorie-burning results. Following the class template from the Foundation Course, experience a full-body workout with each segment targeting the muscular endurance of specific areas.

### Total Barre Amplified

Barre workouts have the potential to be both vigorous and enjoyable. Bring the energy of music to a challenging workout that is built on the Total Barre class template. This workout introduces elements of athletic conditioning and performance training to individual exercise segments of the full-body workout. Powerful music selections propel the intensity-driven routines to amplify the results and energize every participant.

### Total Barre Modified

Research shows that all active adults, even those with limited mobility and restricted movement, can benefit from exercising with music as it helps improve learning and memory, builds self-esteem, reduces stress and increases social interaction. Following the Total Barre template, appropriate biomechanical principles are taught to help with cueing, motivating and modifying safely for less mobile, active adult clients. Leave with a client program that increases flexibility, balance and postural stability.

All workshops provide recommended music, as well as suggested beats per minute for each segment to assist Instructors in building customized playlists.



### Total Barre Creating Great Choreography to Music

The Total Barre system provides the perfect opportunity to combine music and movement to create more than just a pre-choreographed fitness class. Explore every step of the choreographic process including how to select music, how to hear counts and phrasing and develop a musical vocabulary. Next, learn how to match tempo, musical breaks, accents, lyrics and crescendos / diminuendos with physical versions of the same. Leave this interactive session with an 11-segment playlist, four new choreographed segments and one additional segment created by you, ready for your next class.

### Total Barre Modified for Pre- & Post-Natal

Expectant and new mothers alike will reap the myriad benefits of exercising with music in this unique Total Barre program. Not only will this workout keep new moms and moms-to-be moving, but the plus of moving to music will help tackle self-image issues, reduce stress, combat postural and muscle imbalances, and increase social interaction. Every move is designed to increase flexibility, balance, joint stability and pelvic floor activation all while boosting moods and lifting spirits.



leaders in mindful movement™



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