

Barre Level 1

Fundamental Barre Technique

3rd EDITION



BARRE CERTIFICATION®

INTERNATIONAL BALLET BARRE FITNESS ASSOCIATION

WWW.BARRECERTIFICATION.COM

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INTRODUCTION

Welcome to Barre Certification!

By signing up for this certification training, you have made a significant investment in your future. Not only will you learn the latest barre techniques, you will get the very best foundational barre training available in the process. No dance background or dance training is necessary to be able to learn and fully utilize all aspects of this Barre Certification training. A team of fitness, dance, and medical professionals all contributed to the content of this material to make it safe, well-rounded, and the most effective online barre training available anywhere. The content, exercises, and training concepts have been extensively tested in our studios across the world over many years to give you the most comprehensive and fundamental material available in an easy-to-follow format. Only the very best and most effective material tested with thousands of clients and used by thousands of instructors was put together to create this incredible program.

Course Objectives

To provide
quality training
in barre exercise
fundamentals

To design,
demonstrate, and
lead students
through a barre
workout

To understand
ballet
terminology

To understand
foundational
knowledge of
anatomy and body
mechanics

To use
the provided
resources and
skills necessary to
teach effectively

To understand
safe fitness
practices

By the time you finish this certification, you will be ready to start teaching and sharing your passion for barre with the world. Our program promotes creativity and flexibility as you begin to create your classes. Approach this material with that in mind, and remember that the suggested series and outlines are merely guides to help you get started. You will be thrilled by the happy faces of your satisfied clients who are able to get amazing results from this type of workout in record time. As you see your classes grow in size, you will look forward to each session. It's a wonderful feeling to be part of an amazing transformational environment that has such a positive impact on the lives of others. Having joined our family of certified instructors, you will always be able to find the guidance and advice needed to help you develop your business and improve your skills. We look forward to being able to serve you in the many years to come.

Sincerely,
Barre Certification Management Team

CHAPTER 1

WORKBOOK ACTIVITY

Learning objectives/Personal goals

After reading the introduction, please identify the learning objectives of this course:

01

02

03

04

05

06

Based on the learning objectives laid out for this course, create a list of personal goals to help you become the best barre instructor you can be:

01

02

03

04

05

06

