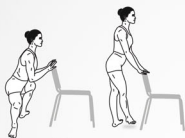


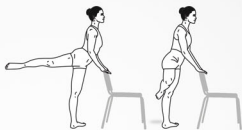
# BARRE

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

30 seconds rest between exercises



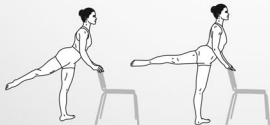
**10** barre assemblés  
5 sets | 30 seconds rest



**10** thigh super burner  
5 sets | 30 seconds rest



**10** four-part arabesque lunges  
5 sets | 30 seconds rest



**20** arabesque pulses  
5 sets | 30 seconds rest