



# GOOD ENERGY

## Good start

A guide to using the programme

Every body has  
its story, and  
every body is  
*beautiful.*

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## A note from Veronika

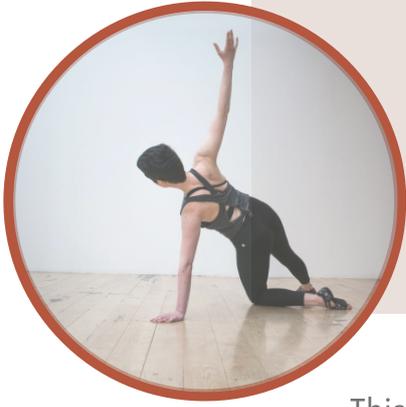
Welcome, welcome, welcome! It's wonderful to see you here. I'm so excited that you're joining me for this 'Good Start' series. I will be there for you every step of the way!

I am a fully trained Pilates and barre instructor (mat, small equipment and studio equipment, pre/post natal and rehab) and I have been teaching Pilates for almost 15 years and barre for 7.

I opened Edinbarre, my barre and Pilates business, in 2015 and my lifelong dream came true - a workout space where everyone's welcome, all levels, all ages and all genders.

See you in the virtual studio!

Veronika



## What is Good Energy?

This is your safe space to explore all things barre, Pilates and everything in between. You don't need fancy outfits or special equipment, you don't even need to be in the mood. Just hit 'Play' and see where the workout takes you.

This unique opportunity gives you an in-studio, community feel from the comfort of your home and I will be your personal instructor. I wanted to create a programme where I can guide you and help you to feel stronger, more confident and happier. This programme is not about what my body can do, but YOURS! Every body has a different story, we all have different backgrounds. That's why I'm a big fan of offering lots of modifications in each workout so you can find the option that suits you best and makes you feel awesome.

The workouts are short, easy to do at home, low-impact, beginner friendly and can be done with no equipment. They're perfect for any posture type and any fitness level; the sessions will give you a stronger body that helps you get more out of everyday life.

In the next section, you will find a short description of all the workout videos in this series, a list of terms you'll hear over and over again, and two different workout calendars which will help you plan your weekly workouts.

# Barre

My signature barre class is a combination of basic ballet moves, Pilates and strength based exercises plus stretches. It's low impact, easy on the joints but packs a punch for the muscles! You will experience the famous barre burn in a safe and accessible way. Your body will thank you for it and your mind will feel refreshed afterwards.

All the barre and core workouts in this series are designed to be suitable for beginners.

# Core

The core videos are carefully designed dynamic and flowing sequences to strengthen the whole body using the Pilates principles.

The focus is on learning how to connect to our deep abdominals and the powerhouse - abs, glutes and back. All these muscles working successfully together will make you feel taller, more confident and definitely stronger.

For any specific modifications, please don't hesitate to get in touch!

# Short description of the workout videos

## Barre #1

A slow paced, signature barre class to introduce some of the basic barre moves and the famous barre burn. The focus is on the lower body with a short push up series. Equipment needed: chair and mat (optional)

## Barre #2

You will be introduced to new barre exercises, especially single legged work, to keep the body and mind engaged. Equipment needed: chair and mat (optional)

## Barre and upper body

This workout starts with our signature lower body exercises and ends with exercises for the arms and postural muscles. Equipment needed: chair and mat (optional)

## Core #1

A slow paced Pilates based workout to strengthen the powerhouse and our postural muscles. Equipment needed: mat

## Core #2

Another Pilates based workout that focuses on the deep abdominals and pelvic stability, with a sprinkling of glute work. Equipment needed: mat, yoga block or book

## Core and glutes

Pilates based workout to strengthen especially the side body, deep abdominals and glutes. Equipment needed: mat, yoga block or book, elastic band or scarf

## Bonus videos

## Stretch and chill

A yoga inspired stretch flow for the lower body and the spine. Includes lots of gentle side bends and hip/hamstring stretches. Equipment needed: mat or soft surface

## Cardio and upper body

A dynamic warm up and a low-impact cardio sequence will get the muscles warm and heart pumping before the upper body exercises. Equipment needed: mat, light weights (optional)

# Terms you'll hear in the core videos

## #1 *neutral spine*

Knowing how to find the neutral spine position is crucial for doing many Pilates exercises correctly.

A reference point for the placement of the pelvis in many exercises. When lying on your back, the pelvis is level such that the two hip bones in the front are level to the pubic bone and the two hip bones are level to each other.

## #2 *powerhouse*

The term Joseph Pilates used to describe the musculature of the center of your body: the abdominals, pelvic floor, the muscles surrounding the hip joint and back extensors. The 'powerhouse' is the physical and energetic center of the body and the focus of all Pilates exercises.

## #3 *c-curve*

The shape the torso makes while you are in a flexed (rounded forward) position.

## #4 *table top*

Position where the legs make a 90-degree angle while lying supine. The knees should be directly over the hips, and the feet should be directly in line with the knees.

# Terms you'll hear in the barre videos

## #1 *plié*

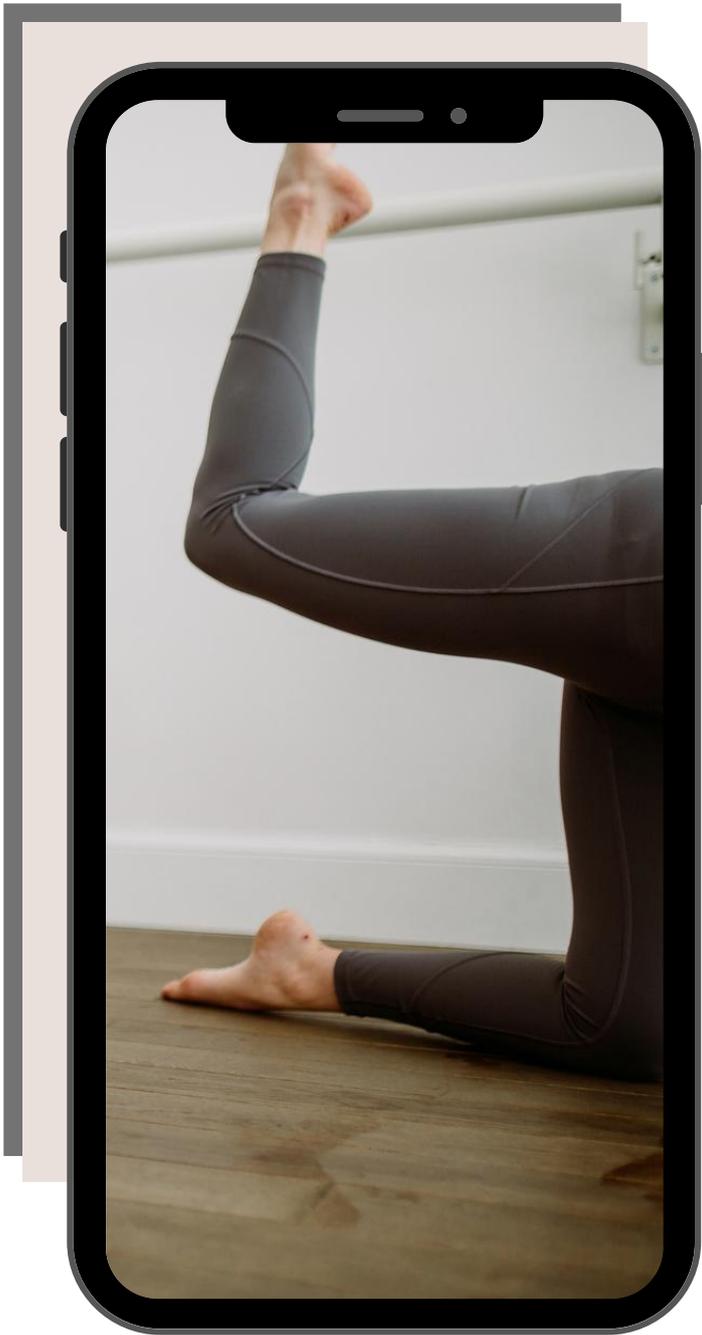
Plié is a French term meaning to bend, or bending. While bending and straightening the knees doesn't seem so hard, pliés are a powering movement that help protect the body from injury (the legs should be turned out from the hips, keeping the knees well over the toes).

## #2 *first position*

The first basic position requires the feet to be flat on the floor and turned out (pointing in opposite directions as a result of rotating the legs at the hips). Heels are together, and toes going outwards. Second position

## #3 *second position*

In second position, the feet are as wide apart as the shoulders, with the legs once again being outwardly rotated from the hips. The feet should match each other – be careful that you don't have one foot further forward than the other or one foot more turned out than the other.



## Tutorials and how-tos

I have created a whole channel dedicated to tutorials only. These short videos will hopefully help you find good form while exercising.

Sometimes it's hard to know where you should be feeling an exercise. If you're not quite sure even after watching the tutorials or just feel a bit lost, I'm here to help any way I can. Feel free to get in touch!

You can send a message via the chat box on the website or email to [info@edinbarre.co.uk](mailto:info@edinbarre.co.uk).

# *Tutorials*

# Workouts calendars and how to use them

I have created two different workout calendars for you - Gentle beginnings and Energise.

Gentle beginnings is perfect if you're only just starting out on your fitness journey or if you're coming back from an injury. Or, if you just want to take things easy for a while. It's designed to strengthen the whole body and give you plenty of time to recover before your next workout. This calendar includes all the barre and Pilates workouts, plus the stretch and chill video but no cardio.

If you've been exercising for a while, or feeling ready for a new fitness adventure, Energise might be your option. This calendar includes a cardio workout as well, plus all the barre and core ones. It's designed to strengthen the whole body and improves your cardiovascular fitness. It's a bit more energetic than the 'Gentle beginnings' option but still suitable for beginners.

There's absolutely no shame in starting with 'Gentle beginnings' or feel free to mix and match. There are lots of options for you to build a workout plan that you will love and enjoy and will make your body happy. Your Day 1 can be Monday, or any other day, whatever fits your everyday life.

# Workout calendar 1

*Gentle beginnings*

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	BARRE #1	BARRE & UPPER BODY	BARRE #2	BARRE #1
DAY 2				
DAY 3	CORE #1	CORE #2	CORE & GLUTES	CORE #1
DAY 4				
DAY 5	BARRE & UPPER BODY	BARRE #1	STRETCH & CHILL	BARRE #2
DAY 6				
DAY 7				

*See you in the virtual studio!*

# Workout calendar 2

*Energise*

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1	BARRE #1	BARRE #2	CORE & GLUTES	BARRE #1
DAY 2				
DAY 3	CORE #1	STRETCH & CHILL	BARRE & UPPER BODY	CARDIO
DAY 4				
DAY 5	CARDIO	CORE #2	STRETCH & CHILL	CORE #2
DAY 6				
DAY 7		CARDIO	BARRE #2	STRETCH & CHILL

*See you in the virtual studio!*

# Your notes *and thoughts*

# Thank you!



I just want to say a huge thank you for taking this journey with me. You are wonderful and worthy!

Even if you only manage half of the workouts, you're doing something amazing for you and your body.

You can re-do the 'Good Start' series as many times as you like, or join us at 'Good Energy'. This is my monthly subscription programme with over 70 workout videos on the website.

As another thank you, I'd like to offer a one week access to 'Good Energy' for FREE! Please send an email to [info@edinbarre.co.uk](mailto:info@edinbarre.co.uk) to claim your free week.

Lots of virtual hugs,

Veronika

Start with body  
*acceptance,*  
and body love  
*will follow.*



## Edinbarre

A virtual exercise studio where all levels, all ages  
and all genders are welcome. There's room for  
everyone!

[www.edinbarre.co.uk](http://www.edinbarre.co.uk)  
[info@edinbarre.co.uk](mailto:info@edinbarre.co.uk)