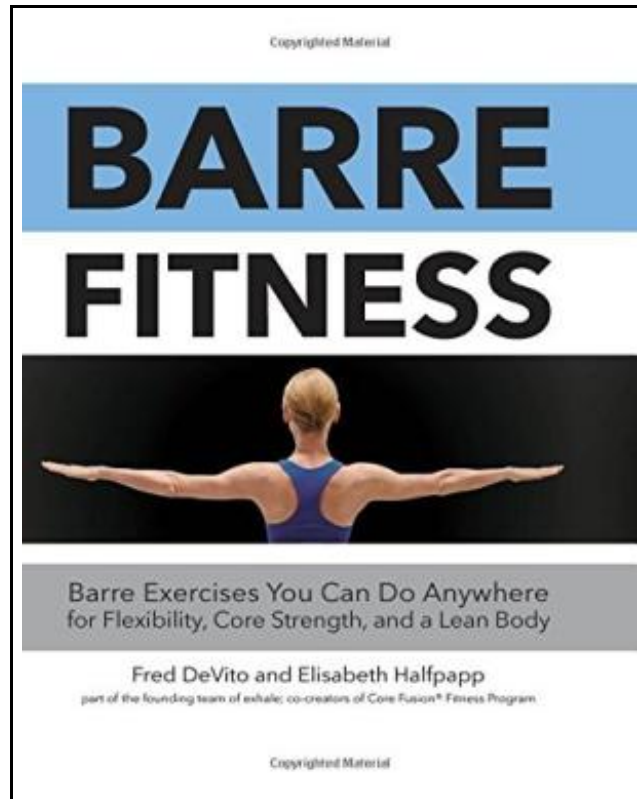


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## BARRE FITNESS: BARRE EXERCISES YOU CAN DO ANYWHERE FOR FLEXIBILITY, CORE STRENGTH, AND A LEAN BODY

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FAIR WINDS PRESS, United States, 2015. Paperback. Book Condition: New. 260 x 209 mm. Language: English . Brand New Book. Step up to the barre and strengthen your core with 100 at-home barre exercises! Infused with elements of ballet, barre classes were introduced by Lotte Berk in the 1970s as a new way to combine dance with traditional exercise. Just about any barre class will involve a lot of reps of small, pulsing movements (lifting and lowering limbs a mere inch or two) at the barre, with a heavy focus on the legs, glutes, and core and emphasis on form and alignment. Barre Fitness provides 100 at-home barre exercises from the fundamentals to more complex moves with a focus on building strength and improving technique-- no barre required! Trained at the ground floor of the prestigious Lotte Berk Method NYC (where barre fitness originated), Fred Devito and Elisabeth Halfpapp bring first-generation teaching and training experience and the acclaim of the Core Fusion(R) brand to this guide to at-home exercise, geared toward your fitness goals. This book breaks down the set ups, progressions, and sequences for all of the classic barre exercises to empower you to perform them at home with clear photographs and easy-to-follow descriptions and program routines. Each exercise explains the benefits and how they can be combined for different results. Learn how to integrate these barre exercises into your daily workout routine, while mindfully incorporating healthy eating and stress reduction habits, for living a healthier lifestyle regardless of your age or fitness level. Whether you want to tone and shape your muscles (without gaining muscle mass), build your core strength, lose weight, increase flexibility, combat aging, rehab from injury, or supplement your current fitness routine (or any combination of these), Barre Fitness offers the solutions you're looking for.



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