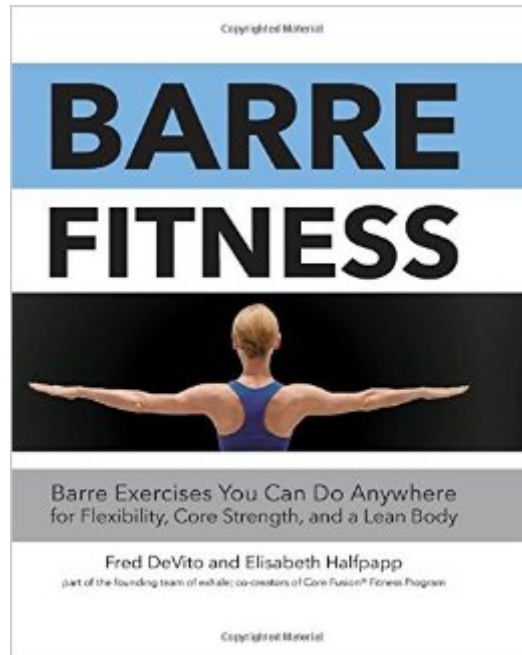


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Barre Fitness: Barre Exercises You Can Do Anywhere For Flexibility, Core Strength, And A Lean Body



Synopsis

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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Customer Reviews

I've been doing Core Fusion workouts for years. The result? 120 pound weight loss, less injuries than I experienced in yoga or any other workout, and lengthening parts of my body I didn't think could be changed. My calf is an inch tighter than it was when I was when I was 10 pounds lighter and in my twenties. Listen to any advice this book offers.

As a student of this method for over 20 years, I am so excited to finally be able to share this book with friends. Fred & Lis are master teachers and present all the exercises we love in a clear and concise manner. If you have never taken a barre class or are a seasoned devotee like myself, this book is a must. I especially like the "watch out for" section as form is so key to the work. If you are looking to start 2016 (or sooner) with challenging exercises that can be done anywhere and are results-oriented, then this book will not disappoint!!

I was so excited when I saw this book coming out and pre-ordered it. I have some of their DVDs and even if I do not usually do them, I used them to learn the technique (esp. Barre Basics). I am a barre enthusiast and have been taking Pure Barre classes for a year. I thought that this book would break down the exercises in a very detailed manner and would give some tricks and details how to advance in the moves. It is basically the transcript of Barre Basics DVD. There is nothing new or no other useful information except that if you shrug your shoulders, drop them down. Seriously :) I did want to obtain some insights about flat/round back, but the sections were so superficial, just showing Lis in great form with repetitive instructions. I am so frustrated with this book. If you want to learn from them, order their Barre Basics DVD and skip the book. It is a total waste of money, esp. for someone who is not new to the barre.

I loved the book!!! If you like barre or just fitness this is a must have. You find a "watch out for" in each exercise that helps you reach the perfect posture in each exercise. Love it, Love it!

I have taken Fred's and Elisabeth's classes for thirty years, both at Lotte Berk many years ago and now at Exhale. At last the book that explains this superb method! At home or traveling, all you need is a chair and a pair of hand weights, and now the book, and you take your exercise with you wherever you go! Thank you for creating the book that illustrates the method so many of us live by.

Excellent resource for anyone with an interest in barre fitness. Lis and Fred are the foremost barre

experts and the two most generous people with their time and talent. I have been fortunate to take their barre teacher training in NY and love this book to reinforce exercises and tips. I would highly recommend for all experience levels.

Consider this book the Holy Bible of barre education. This is an incredible tool for those who are looking for just a little more instruction in perfecting their form and positions. Fred and Elisabeth have taken their barre positions and broken it down step by step for anyone to understand. They make it easy to learn how to do the exercises PROPERLY. I'm an extremely visual person and this book has helped me take my barre education to the next level. I highly recommended this book not just for teachers seeking a little more education, but students who want to learn how to get the most out of their workouts. I carry this book everywhere and am so grateful to finally have something to reference that helps me learn in the way that I understand things most.

An excellent reference for the novice and the barre professional! The photographs and descriptions clearly explain each exercise. Fred and Lis have the history, education, talent, and passion to be true barre masters and to share their knowledge with the rest of us. Well done!!

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