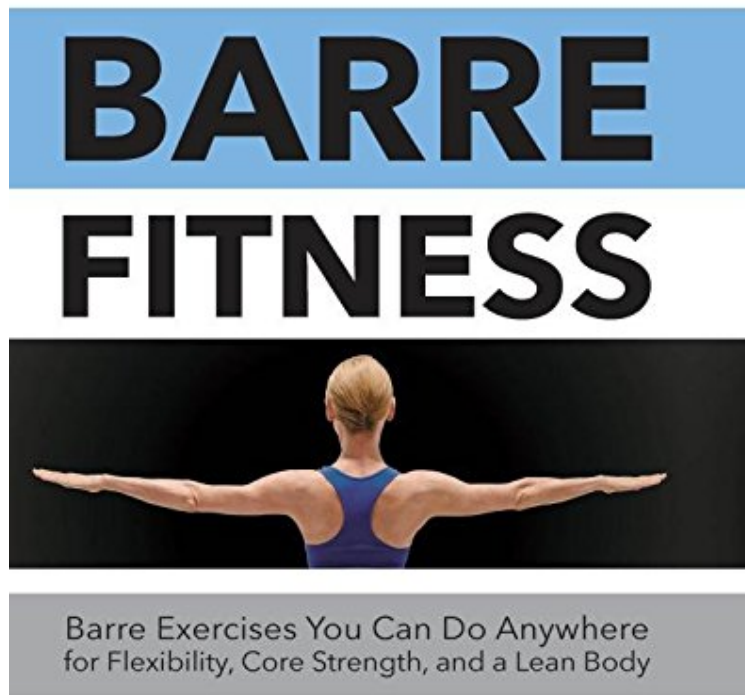


[Download] Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body

Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body

Fred DeVito, Elisabeth Halfpapp
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Fred DeVito and Elisabeth Halfpapp
part of the founding team of exhale; co-creators of Core Fusion® Fitness Program

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Fred DeVito, Elisabeth Halfpapp : Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body before purchasing it in order to gauge whether or not it would be worth my time, and all praised Barre Fitness: Barre Exercises You Can Do Anywhere for Flexibility, Core Strength, and a Lean Body:

4 of 4 people found the following review helpful. This is a MUST-HAVE By Leonora D'Angelo-Blitz 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 and 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!! 3 of 3 people found the following review helpful. I loved the

bookBy carolina PenaI 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!0 of 0 people found the following review helpful. Nice book but a lot of very basic things and ...By LaurieNice book but a lot of very basic things and moves. I never did barre before but did not seem as challenging or as different as I would have liked.

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.

"Fred and Lis are not only two of the nicest people on the planet but also some of the most creative. I admire their commitment to health and fitness and it is something everyone should strive for. Their classes have kept me in great shape for many years. This is an amazing read for any barre lover! I could not be happier for their success." - Tara Lipinski, Olympic gold medalist in figure skating