

# THE BAR METHOD FAQs

**1. How does The Bar Method sculpt the body?**

The Bar Method integrates the fat-burning format of interval training with muscle-shaping isometrics to quickly and safely reshape the entire body. Its non-impact, one-hour workout targets all major muscle groups and improves posture. The result is a recognizable “Bar Method body” featuring sculpted arms, flat abs, a lifted seat, and elongated thighs.

**2. Will The Bar Method help me lose weight?**

Absolutely! The Bar Method class alternates between exercises that demand intense bursts of energy and deep stretches. This format produces both high caloric burn and firmer muscle mass. Most students who do The Bar Method regularly become slimmer and lighter, sometimes within months.

**3. Is The Bar Method aerobic?**

Yes. Even though the exercises look different from those of conventional aerobics, The Bar Method workout challenges the body’s strength and endurance throughout the class and delivers a high level of overall fitness.

**4. How is The Bar Method different from Pilates?**

Pilates uses machines and mat work to re-align the core muscles by working the small muscles groups. The Bar Method uses the body’s own weight to isolate, strengthen, and sculpt all major muscle groups. Pilates exercises are largely performed in a sitting or prone position while the Bar Method’s exercises take place both at the ballet bar and on mats.

**5. How is The Bar Method different from Yoga?**

Yoga is a method of physical, mental, and spiritual release and renewal. The Bar Method focuses exclusively on fitness by strengthening, stretching, and aligning all major muscle groups resulting in power, physical grace, stamina, and significant body change.

**6. How often should I do The Bar Method?**

Research shows that exercises yield the best benefits when performed three to five times per week. Likewise, to get the best results from The Bar Method, come to class three to five times per week.

**7. What do you do in a Bar Method workout?**

The Bar Method™ is a one-hour, total body workout. It starts with a warm-up, free-weight exercises and push-ups and moves on to intense leg and seat work at the bar, then abdominal work at the bar and on mats. Every exercise includes active stretching and is followed by additional stretching to elongate the muscles just worked.

**8. How is The Bar Method different from other bar workouts?**

The Bar Method focuses on effectiveness, safety, and body awareness. It is the only bar workout that was designed under the guidance of physical therapists to ensure joint safety. Its teachers receive unique training in healthy patterns of movement, body connection, mental focus, and posture. At the same time The Bar Method emphasizes sculpting more than other bar workouts by targeting the muscles that play the largest role in changing the shape of the body.