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## Celeb Workouts You've Never Heard of

Playtex Ask the Trainer

The latest (and weirdest) ways the stars sweat it out.

Jené Luciani

There are a couple of things that separate us regular folk from Hollywood A-listers. Yes, they have the million dollar Malibu homes and plastic surgeons on speed dial but, just like the rest of us, they have to work to get those **rock-hard bodies**. So, we did some digging to find out the **top celebrity workouts** you've never heard of (until now).



### 6. The Bar Method™

The Bar Method™ incorporates [interval training](#) (for fat burning), isometrics (for muscle sculpting), and dance to "re-shape" the body using a variety of exercises on a ballet barre. **Drew Barrymore**, **Olivia Wilde**, and **Eliza Dushku** have all channeled their inner *Black Swan* with this method, and now you can too, in 44 locations across 12 states. [Dushku](#) even tweeted her love for the workout, saying it makes [her body] "tight yet fluid, flexible, and graceful."

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