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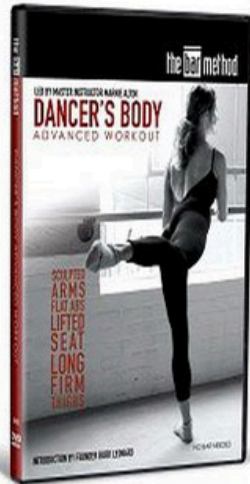
Aisle Say

A blog from the editors of BRIDES

DIET & FITNESS

The Bar Method Ballerina Workout

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Photos: Getty Images/Jason Merritt (Natalie Portman); courtesy of the Bar Method (workout video)

Whether or not Natalie Portman [performed the majority of the ballet](#) seen in the final cut of *Black Swan* herself, there's no denying that a ballet-based workout regimen can help contribute to an elongated, lean, and toned look. To sculpt your own ballet dancer's body for your wedding day (without subjecting yourself to grueling five-hour long training sessions, extreme weight loss, or mangled feet, of course), check out the Bar Method, a full-body exercise program that utilizes a ballet bar technique along with the principles of dance, isometrics, interval training, and physical therapy. Translation? You'll be burning up to 700 calories a session while simultaneously sculpting and toning your muscles. You can [find a Bar Method studio near you for classes](#), or [buy the Bar Method DVDs](#) to use in your own home (the only equipment you'll need is a chair). —Lauren Matthews