

JACQUELINE LUXE

The Bar Method Introduces New DVDs Led By Founder Burr Leonard To Sculpt Long Lean Muscles

4.6.11

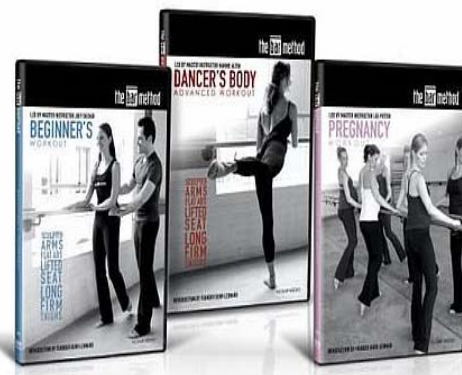
New York, NY (April 6, 2011) – Fitness sensation **The Bar Method** is releasing two new at-home DVDs that are sure to tone, tighten and elongate your body just in time for summer. Bar Method founder Burr Leonard amps up the intensity and the burn in Super Sculpting & Super Sculpting II. Each DVD is nearly one-hour in length and incorporates some of The Bar Method's all-time favorite moves guaranteed to make even the most devoted students break a sweat.



According to Burr, "my new Super Sculpting DVDs are challenging, fast-acting and fun. They are the quickest way to beautiful results that show." Super Sculpting & Super Sculpting II will be available on April 19th for purchase at barmethod.com with an exclusive preview sale on The Bar Method website from April 5th – 7th.

The Bar Method Super Sculpting Workout

Bar Method founder Burr Leonard has packaged together the Bar Method's most fast-acting body-reshaping moves into one super-targeted 59-minute workout. The exercises include four sets of thigh work and the Bar Method's famous 'pretzel with the ball'. Burr also utilizes the Bar Method ball to zero in on problem areas such as the inner thighs and seat. Burr's fellow performers are Chelsea Glavinovich, co-owner of the Walnut Creek and San Ramon Bar Method studios in San Francisco's East Bay. Keryun Dukellis and Mike Najjar are both teachers at the San Francisco's flagship Marina studio, and Tera Roth is a teacher at the Downtown San Francisco studio. If you want the quickest results possible, this is the workout for you! Price: \$20



The Bar Method Super Sculpting II Workout

Tighten your seat-belts! Bar Method founder Burr Leonard puts the pedal to the metal in this 58-minute workout by combining her most aerobic variations, many of them never seen except in studios, with a fast-tracked pace. Included is five sets of thigh work, one of them performed with the Bar method ball and two sets of seat exercises that simultaneously challenge both legs. During the abdominal section, Burr leads safe, beautiful-looking sequences that sets abs on fire! Presenting the workout with Burr are Sharon Demko and Keisha Ramey-Presner, both teachers at the Bar Method flagship Marina studio in San Francisco and Juan Barba, a teacher at the Bar Method studio in Burbank, California. In Keisha's words, Super Sculpting II is "intense, but with reach for someone to work up to. The choreography is really fun, and Burr inspires you to do it." Price: \$20