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## San Francisco Bar Method newest DVD release: A review

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This Examiner Rates Bar Method newest workout video collection:



San Francisco's Bar Method newest release  
Photo: Bar Method

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The long awaited new workout DVD collection from San Francisco's Bar Method studios are now on the market, and Bar Method creator Burr Leonard has done herself proud.

To watch the video review [CLICK HERE](#) or in the sidebar left for commentary and insights!

The 3 videos are all done with impeccable attention to detail, in signature Bar Method style. This makes them not only effective, but a pleasure to work with.. Great attention has also been paid to specific instruction to keep them safe.

There are 3 new videos available; all are reviewed on the video below. Dancer's Body, Beginner, and Pregnancy. This gives you the option of a beginning level workout, advanced, and somewhere in between.

- **Dancer's Body:** If you have been looking for an at-home workout that closely duplicates the Bar Method studio experience, this is as close as they come. Challenging, yet modifications are instructed if you need to reduce the workload while you work your way up. Instructor Marnie Alton and the performers make it all look so good, however, that you just want to do your best.
- **Beginner Workout:** This time, Burr brings one of her accomplished male instructors to the lead barre, and Joey Decker delivers a crystal clear delivery that conveys confidence and assurance to the newcomer. Make no mistake, however: you can push this one easily into the intermediata and advanced zones with a little bit of experience.
- **Pregnancy:** How completely suitable to have a workout dovetailed to the needs of the pregnant woman, and how utterly Burr Leonard Bar Method to make it all so precise. All performers in the video are pregnant, with instructor Lee Potter being furthest along.

Check the San Francisco Bar Method class schedules at the [Bar Method](#) site. With two San Francisco locations and satellite studios scattered around the Bay Area as well as nationwide, these new videos, along with Bar Method earlier releases, fill the gap for those who find themselves somewhere in between locations. Videos can be ordered direct from [Bar Method.com](#).

And if you pop into the Bar Method's San Francisco Marina studio, her flagship location, you just might score a class with Burr Leonard herself.

Have you had a chance to check these new DVDs out yet? Share your thoughts at <http://www.facebook.com/lanimuelrath> or in comments below.