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bar method shakes up fitness

July 25, 2011 at 3:00:00 PM by [Kasia Krzoska](#) • 1 Comments

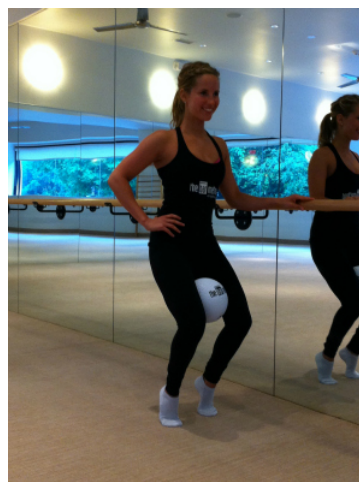
The Promise: Long firm thighs, a lifted seat, flat abs, and sculpted arms.

Standing outside of the [Englewood Bar Method](#) studio, I re-read the sign for the third time. I have to admit, I am very excited.

1. Bar Method is one of the trendiest new Hollywood workouts. ([Drew Barrymore](#) and [Zoey Deschanel](#) are fans!)
2. It's low impact, so it is a perfect compliment to my high impact running routine.
3. Who wouldn't want flat abs?



After reading the *Seventeen* recent [Celeb Fitness](#) issue, I've decided to try something new. So here I am, on a rainy Saturday, ready to sweat! Upon walking into the room, I am immediately mesmerized- it looks like a dance studio fit for a Princess! The locker rooms are immaculate, and the actual practice rooms feature a soft rug and mirrors (for perfecting form). I am instructed to take a set of lighter and heavier weights (I grab a pair of two's and three's) and find a space in the middle of the room. I'll admit I was feeling pretty confident. I've recently run a [10k](#), tried [crossfit](#), and even [rock climbed](#). I was not about to get my butt kicked by a one hour, light-weights exercise class, right?



Wrong!

Within five minutes I was taking it all back.

Here's how the class is structured:

Warm up

Free-weight exercises

Push-ups

Intense leg and butt work at the bar

Abdominal work at the bar

Abdominal work on the mats



The entire class focuses on using small movements to fatigue your biggest muscles. When really working hard you will notice your muscles will "shake" (or tremble),

producing those crazy results Bar Method is known for. Well, I was "shaking" after about a minute. Within five minutes, I was grimacing (very un-dancer-like). By the time push-ups rolled around (my forte, I may add) I found myself barely capable of completing an entire set!

After finishing the bar work, abdominal work, and seat work I was exhausted, but at the end of it, I noticed (while stretching out at the cool "hang bar" they have set up at the studio) I actually felt great! Bar Method mixes in stretches in between every hardcore exercise set- and that mini break made all the difference.

My muscles felt both trimmed *and* elongated (might I add my butt looks a bit sculpted after one class?). But the best part was my energy level. Unlike some other workout methods, I found myself revived (instead of drained) afterward.

The verdict? I will definitely be adding Bar Method into my weekly workout routine! How about you? Bar Method fans - sound off in the comments!

<http://www.seventeen.com/health/fitness/bar-method-workout>