



RAISING THE BARRE

Trim and sculpt your body

Celeb Style!

If those dreams, as a child, of pirouetting across a stage in a tutu were never quite fulfilled, now's your chance to get your ballet groove on. With a following including Madonna, Drew Barrymore, Natalie Portman and Kelly Osbourne, barre training has been a hit across the globe – and now it's come over to the UK thanks to fitness guru Emma Newham's BarreConcept workout.

Combining the core strength, control and precision of Pilates with the positions, moves, grace and technique of ballet – plus the alignment of yoga and the strength from sports conditioning – BarreConcept provides a challenging routine to stretch and sculpt your muscles whilst burning fat. It's low-impact but uses small isometric contractions integrated with interval training to give you a cardio burn in the process. The result is a realigned and rebalanced body that works harmoniously and efficiently. To ensure the muscles are re-lengthened, stretches are performed after each strength section so you can really sculpt and redefine your entire body in super-fast time.

MEET THE EXPERT

Founder of Pilates Union UK, Emma Newham, has been



in the fitness industry for over 15 years, teaching mind-body holistic exercise. She is the author of eight Pilates training manuals and has produced her own Pilates DVDs. She also runs MyBody Studios in the North East of England – visit barreconcept.co.uk for further details.

Ballet training is the hot, new way to get fit – and anyone can do it!

HOW THE ROUTINE WORKS

A typical BarreConcept workout consists of a warm-up, barre work, resistance training and motor skills, floor work and final cool down stretches.

As BarreConcept has a specific way of working the muscles in order to give maximum benefits and results, a typical exercise would go like this:

- 10x slow repetitions
- 20x small pulses
- 10 second static hold
- Another set if required
- Immediate stretch for the muscle group being contracted