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the official
magazine

CANADIAN FITNESS PROFESSIONALS

MARCH/APRIL 2012

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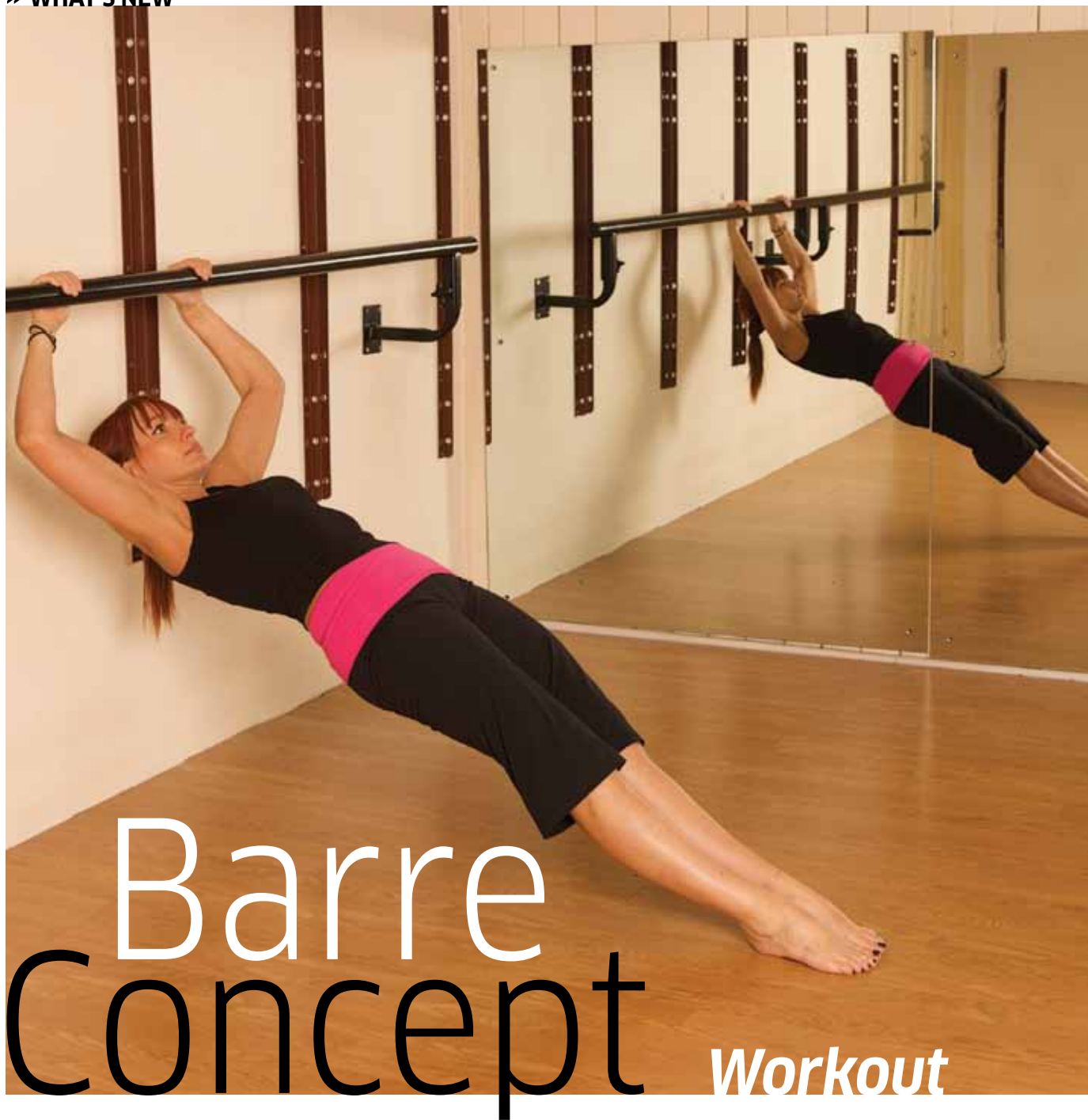
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CLIENT Retention

TABATA TRAINING

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EXERCISE PROGRAMMING for OSTEOARTHRITIS



Barre Concept *Workout*

Barre Training is one of the latest fitness trends spreading the globe that has a celebrity following including Madonna, Denise Richards and Natalie Portman. **By Emma Newham**

What is BarreConcept?

This increasingly popular exercise regime incorporates the precision of Pilates with the positions, moves, grace and technique of ballet. Add to this the alignment of yoga and the strength from sports conditioning, and you will have all of the aspects of a typical Barre workout. The combined elements of the different methods fuse to form a challenging and exciting workout, which stretches and sculpts the muscles, whilst burning fat. Balance, strength, stamina, power, flexibility, and motor control all improve. This workout produces dramatic results that sculpt and redefine the entire body.

The low impact, total body workout lifts the butt, tones the thighs, flattens the abs and sculpts the arms, all the while protecting the joints. Small isometric contractions are performed and integrated with an interval training approach that burns fat and improves cardiovascular fitness. Stretches are performed after each strength section of the class to ensure the muscles are re-lengthened to create a body that is strong and lean.

Joseph Pilates had a long history of working with many prominent dancers during his lifetime so Pilates and dance conditioning make for a highly effective combination.

The dance industry and fitness industry are continuing to successfully merge together to produce workouts that are both motivational and fun – witness the huge popularity with Zumba all over the world.

Background history

The origins of Barre workouts have their roots in the Lotte Berk Method, a Jewish ballet dancer who fled to London in the 1930s when she was banned from dancing on stage. Lotte became injured and used her dance training to help with her rehabilitation and hence the Lotte Berk Method was born. Celebrities such as Joan Collins, Barbara Streisand and Yasmin Le Bon have pursued the method since the opening of her studio in 1959. Britt Ekland introduced Lydia Bach to Lotte and, after training with her, she opened her first studio in Manhattan in 1971 and purchased the worldwide rights.

Class structure

The principles of Pilates are incorporated into the workout with most exercises being performed with a neutral spine and a firm emphasis on breathing and alignment and correct posture. Individual muscle groups are targeted using small but intense movements that result in an entire body workout, leading to a toned, lengthened and sculpted body.



Warm-up

The warm up is performed in the centre of the room, away from the barre. Movements including knee raises, tendus and small plies are performed to upbeat music in order to warm up the body, mobilize the joints and increase heart rate and cardiovascular efficiency. Arm and feet movements should be included that reflect the basic five basic ballet positions.

Barre work

The main bulk of the class (at least half of the lesson) is spent at the barre. The main concentration of this section is focused on the legs and butt, although there are a few upper body exercises that may be performed here as well. In a traditional ballet class, the exercises performed at the barre are viewed as a preparation for the work done afterwards in the centre of the room. However, in a Barre class, the work done at the barre is viewed as the main workout and so follows a different emphasis and structure.

In the centre

Once the barre exercises have been completed, the workout then moves into the centre. This is where small, light hand weights may be included to work the upper body in terms of strength and endurance. Hand weight exercises are usually performed in conjunction with a leg movement in order to increase the heart rate and stamina.

Balance work is included here as a progression from the work at the barre. Developpes, arabesques and penches as well as plies are performed in the centre.

Choreography aims to string a series of movements together to contribute to the flow of the class. For example: Plie in first position, tendu to second position, plie in second position, tendu back to fifth position, Arabesque.

Power movements may be included at the end of the floor work section such as ballet jumps in first or second position in order to burn body fat and increase stamina.

Floor work

Since there is limited upper body work and no abdominal exercises that can be done at the barre, this work is included in the floor work section. Leg and butt work may also be included in this section although less emphasis is needed for these muscle groups, since the majority of the exercises involving those muscle groups have been performed already at the barre.

Final stretches

Developmental stretches are performed at the end of the session, particularly for the legs and butt. Stretches for the arms are included where upper body work has been executed during the floor work section.

Repetitions and sets

The number of repetitions performed for a given exercise is usually ten. These are generally performed slowly and with great control similar to the Pilates method.

Following the ten repetitions, certain exercises will involve twenty further repetitions, usually performed within a very small range of movement. These are generally performed right at the end of the range of movement with a pulsing type of muscular action similar to some sports conditioning techniques.

Following the twenty small pulses, certain exercises will then require a static hold similar to holding a yoga pose. Slow, deep yoga type breathing is done during the static hold. This final position is usually held for around ten seconds, although may be more/ less depending upon the ability of the client group.

A minimum of one set as performed above is required. Depending upon the ability, needs and wants of the client group, up to two more sets may be done as necessary. □

A typical exercise will therefore be performed as follows:



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

Founder of Pilates Union, Emma Newham, 41, has been in the fitness industry for over 15 years, teaching mind-body holistic exercise. The company specializes in Pilates teacher training and her BarreConcept instructor certification course is the first in the world to be externally verified and accredited in three different countries. Emma is also the author of several Pilates training manuals and has produced her own Pilates DVDs. For more information on BarreConcept teacher training courses, manuals, and DVDs, visit www.barreconcept.co.uk