Loved It!! From An Exercise Video Junkie....

A comprehensive guide to the hottest new fitness program in the country - Cardio Barre - a dance-based workout that combines cardio, strength training and stretching, in one fast-paced, fat-burning, body-lengthening session. With a full nutrition program as well, you'll see life-changing results in only eight weeks.

While yoga, pilates, aerobics and weightlifting are all successful, popular fitness routines, each one of them is missing something that the others offer. And with our hectic lives that leave little time for sleep, let alone hours of daily exercise, the Cardio Barre workout is the perfect combination of cardio, strength training and stretching — achieving multiple desired results from one fast-paced workout.

Richard Giorla is a classically trained dancer who has learned from his decades of training that the key to strength and endurance is developing core muscle — the center of the body must be strong in order to support the other areas of the body. In Cardio Barre, you work from your core — maintaining your balance using a barre, a countertop, a chair, or even your own strength — then repeat low-resistance motions such as plies, arm extensions, and leg flexes. With no kicking, jumping, or punching, this effective and complete workout leaves participants with long, lean muscles, flexibility, and endurance.

With the success of the Cardio Barre workout in LA, where it has gained celebrity adherents and a long waiting list of others, as well as the recent launch of Cardio Barre in New York, this is poised to become the new it workout. And unlike past fitness fads, Cardio Barre sets realistic goals,
including following a healthy eating program, and offers the desired results of both cardio health and strength in only eight weeks.

My Personal Review:
This is the next level in ballet-based conditioning exercises, and the best "fusion" I've seen. The author was a real ballet & showbiz dancer. The program is organized into beginner, intermediate, advanced and broken down into an 8 week progression. Everything has been well thought out and organized. Their customer service is excellent, they sell a portable barre in a carry case, with the DVD that goes with this book, and the hand weights are even included. If you want more of a workout when you get accustomed to it, just use heavier hand weights. I like to use ankle weight belts for the lying leg lifts section of the mat work. I hope somebody starts a franchise in my city soon. High recommend.

For More 5 Star Customer Reviews and Lowest Price:
[Raise the Barre: Introducing Cardio Barre--The Revolutionary 8-Week Program for Total Mind/Body Transformation by Laurel House - 5 Star Customer Reviews and Lowest Price!]