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## ***The Bar Method Introduces Two New DVDs to Sculpt Long, Lean Muscles***

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**San Francisco, CA (April 19, 2011)** – Fitness sensation *The Bar Method* releases two new at-home DVDs that are sure to tone, tighten and elongate your body just in time for summer. *Bar Method* founder Burr Leonard amps up the intensity and the burn in *Super Sculpting & Super Sculpting II*. Each DVD is nearly one-hour in length and incorporates some of *The Bar Method's* all-time favorite routines guaranteed to make even the most devoted followers break a sweat. *Both DVDs* are now available for purchase at [www.barmethod.com](http://www.barmethod.com).

According to Burr, “my new *Super Sculpting* DVDs are challenging, fast-acting and fun. They are the quickest way to beautiful results that show.” The benefits of The Bar Method sculpted body include:

- *Firm, elongated muscles*
- *Reduced body fat*
- *High muscle definition in the chest*
- *Improved posture*
- *Long, narrow thighs*
- *A lifted seat and defined hamstrings*
- *Strong, flat abdominals*
- *Increased stamina and energy*
- *Extended youthfulness*

### **The Bar Method Super Sculpting Workout**

Bar Method founder Burr Leonard has packaged together the Bar Method's most fast-acting body-reshaping moves into one super-targeted 59-minute workout. The exercises include four sets of thigh work and the Bar Method's famous 'pretzel with the ball'. Burr also utilizes the Bar Method ball to zero in on problem areas such as the inner thighs and seat. Burr's fellow performers are Chelsea Glavinovich, co-owner of the Walnut Creek and San Ramon Bar Method studios in San Francisco's East Bay. Keryun Dukellis and Mike Najjar are both teachers at the San Francisco's flagship Marina studio, and Tera Roth is a teacher at the Downtown San Francisco studio. If you want the quickest results possible, this is the workout for you! *Price: \$20*

### **The Bar Method Super Sculpting II Workout**

Tighten your seat-belts! Bar Method founder Burr Leonard puts the pedal to the metal in this 58-minute workout by combining her most aerobic variations, many of them never seen except in studios, with a fast-tracked pace. Included is five sets of thigh work, one of them performed with the Bar method ball and two sets of seat exercises that simultaneously challenge both legs. During the abdominal section, Burr leads safe, beautiful-looking sequences that sets abs on fire! Presenting the workout with Burr are Sharon Demko and Keisha Ramey-Presner, both teachers at the Bar Method flagship Marina studio in San Francisco and Juan Barba, a teacher at the Bar Method studio in Burbank, California. In Keisha's words, *Super Sculpting II* is “intense, but with reach for someone to work up to. The choreography is really fun, and Burr inspires you to do it.” *Price: \$20*

***About The Bar Method and Founder Burr Leonard***

Burr Leonard is the creator and founder of The Bar Method, a ballet bar based full-body exercise workout. Born in 1947, Burr is the daughter of George Burr Leonard, an educator and published author in the field of self-mastery and human potential. Burr started her career as a journalist for Esquire, Adam Smith's Money World, and Forbes covering young innovators and entrepreneurs. She discovered the Lotte Berk exercise method in 1981 becoming an avid student and then a licensee opening her first exercise studio with her husband and partner Carl Diehl in Greenwich, Connecticut in 1991. After ten years of working with therapists to improve the safety and effectiveness of the exercises while also running three exercise studios, The Bar Method was founded and the flagship studio opened in San Francisco. Today Burr has 20+ years of experience in the fitness field and, along with her partner, oversees their franchise operation (with 35+ studios across the country) and a media company (selling exercise DVDs, equipment, and accessories). *Reuters*, *Huffington Post*, *ABC News*, *KUSI TV*, and *KUSA-TV* have featured Burr Leonard's The Bar Method.

[www.barmethod.com](http://www.barmethod.com) | [www.facebook.com/thebarmethodhq](https://www.facebook.com/thebarmethodhq)

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