

20-1100 Studio Barre™ Total Body Trainer

STUDIO Barre™ Total Body Trainer



The Studio Barre™ Total Body Trainer combines the benefits of Modern Dance, Pilates, Yoga and Toning Exercises.

With comfort and versatility in mind we've designed the Barre with an ultra soft padded deck, quick change pull pins to adjust Barre height and resistance cords. All in a fold up and roll a way design. Combine that with sequential exercise and you will strengthen, tone and improve the flexibility of your entire body.

In addition, the mind body connection required to perform these movements will provide the same meditative and relaxation effect that we get from our favorite yoga or pilates class. By utilizing the Barre with its resistance cords can we combine the best of the muscle toning and weightless (using bodyweight only) workout worlds.

While using the Barre, be creative and use your own inner choreography. Be mindful that you don't need the grace of a professional dancer to benefit from these age old movement patterns. No matter what level you are The Home Studio Barre strengthens, tones, articulates your spine, stabilizes your trunk and helps you feel your best.

Includes:

- Workout Guide



This product is Produced Exclusively by
Stamina Products, Inc.
PO Box 1071 • Springfield MO 65801-1071
phone: (417) 889-7011 • fax: (417) 889-8064
e-mail: corporate@staminaproducts.com
www.staminaproducts.com