

## ***Top Fitness Trends of 2012: vbarre fusion workouts***

Are you bored with the same workout routine, it's time to amp it up in the New Year! There is no better way to get your best body than with a fun, total body sculpting ***vbarre fusion workout***. Dance inspired workouts are listed as one of the top fitness trends of 2012. Not only will you pair the joy of movement with trendy music, but also with body sculpting benefits of Pilates, yoga, and resistance training for a winning combination.

### **Here are some great *vbarre fusion workout* moves:**

**Tools Needed:** ballet barre and resistance tubing

#### **1) *Squat and Row Combo at the ballet barre***

**Set Up:** Loop resistance band around the ballet barre, take handles and back away from the barre to a challenging distance. Place feet parallel and hip distance apart

**Action:** With arms extended, sit back in a squat position making sure knees do not pass the toes. As you straighten the legs to a standing position, perform a row by bending the elbows wide to the sides and pulling the handles towards your chest.

**Repeat:** 20X

#### **2) *Pile with Lat Pull***

**Set Up:** Stand with legs apart, lining the heels up beneath the shoulders with the toes pointed outward (a dancer's second position) Hold the band with a challenging resistance and extend the arms over head slightly forward of your forehead

**Action:** As you bend your knees, "plie", pull the band with arms straight out to the sides, activating the lats allowing the band to come forward of your body. As you straighten your knees, guide the hand and arms back up to the ceiling.

**Repeat:** 20-30X