VIDEO WORKOUTS



ACTIVE AGING 3-PACK

This video three-pack includes workouts intended for the Actively Aging, but will challenge anybody! Applying the distinct functional advantages of the Micro Bar, industry professionals Gay Gasper, June Kahn, and Lauren Eirk provide a strength and endurance session, an energizing cardio workout, and a therapeutic Yoga practice: Active Strength, Heart Smart Moves, and Yoga Strong (each described below).



ACTIVE STRENGTH

This strength and muscular endurance workout using the Micro Bar will tone your upper and lower body, as well as your core. Enjoy functional exercises that will help you get stronger for your daily life. Gay Gasper will give you an option to stand or sit while performing this program, with June Kahn and Lauren Eirk showing alternate movements.

CORE ESSENTIALS

Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS will challenge you with this core-focused Yoga practice, showcasing the Micro Bar. The bars are the perfect tool to create purposeful muscle contractions to target abdominal, hip, back, and shoulder areas that are essential for better posture and improved overall function. Using various handgrips and positioning, let the Micro Bar help you to strengthen the necessary motions of trunk extension flexion, side-bend, rotation. The Micro Bar adds many various strategic, strength-building variations to common Yoga postures! With Core Essentials, enjoy better posture, improved respiration, and freedom of movement.





FLOWING STRONG

Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS will guide you in this stimulating, muscle-building flow Yoga practice. Lauren uses the Micro Bar to add various strategic, strength-building variations to common Yoga postures. Hatha Yoga is a form of resistance training that, with regular practice, improves joint integrity and overall range of motion. See how the design, comfort, and versatility the Micro Bar are used to add new challenges to this already-powerful flowing Yoga practice. Experience poses in ways that you have never felt before! Flowing Strong will improve core strength, help create better muscle contractions, improve neuromuscular communication, and sculpt the legs, arms, hips, and back.

VIDEO WORKOUTS



HEART SMART MOVES

Experience low impact, energizing 'smart' workout designed to improve your heart rate response. In this total body workout, which introduces you to the Micro Bar, June Kahn CPT takes you through easy-to-follow moves that include upper body conditioning with this unique and comfortable tool. Heart Smart Moves incorporates sitting and standing options, making this a workout that accommodates all levels – leaving you feeling energized, empowered, and strong!



YOGA STRONG

Join Body Bar professionals for this therapeutic Yoga practice, showcasing the Micro Bar, to add various strategic, strength-building variations to familiar Yoga postures. Common with the aging process, neuromuscular issues such as joint instability, chronic pain, numbness, loss of balance, and muscular atrophy can start to develop. During the Yoga Strong flow, Certified Yoga Teacher/Yoga Therapist Lauren Eirk, along with well-known fitness educators June Kahn and Gay Gasper, show you how the design, comfort, and versatility of the Micro Bar can be used to create bone-loading and strength-building improvements to the hip, core, lower leg, and upper extremities that are not possible in traditional Yoga. You will see variations and modifications for various fitness levels, even for those who prefer to work from the chair. With improved strength and stability in the joints, improved mobility, stamina, and posture will result!



YOGA 3-PACK

This video three-pack applies the functional advantages of the Micro Bar in three diverse and valuable Yoga practices that will benefit and inspire anyone! Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS leads a strength-building session, a purposeful core-focused lesson, and a stimulating Flow Yoga practice: Yoga Strength, Core Essentials, and Flowing Strong.