Read what leading fitness industry professionals are saying about MICRO BAR!

The Micro Bar *not only looks great, but it seamlessly allows me to create dynamic movement patterns, double up on workload, and create isometric conditioning series with nearly zero transition time.*

TRICIA MURPHY-MADDEN National Education director for Savvier Fitness, and the co-creator of Barre Above, one of the fastest-growing Barre education programs in the U.S.

As a Studio Owner, I have dumbbells as well as Micro Bars. *Since I have introduced it to my clients, the* Micro Bar *is definitely their weight of choice!*

JUNE KAHN Elite Master Trainer for Savvier Fitness; who awarded their 2018 Master Trainer of the Year – a published author, IDEA media spokesperson for Pilates, expert subject writer for the ACE exam, an affiliate of the PhysicalMind Institute (Pilates), and serves on the program selection committee for ACSM

Unlike a dumbbell that has only one comfortable gripping option, the wide, comfortable grip of the Micro Bar *allows the user to play with leverage. Simply by changing where you hold it, the* Micro Bar *can dramatically change the intensity of an exercise without ever lifting a heavier load.*

KELI ROBERTS Master Trainer for Body Bar, Schwinn, and ACE – Member of the BOSU Development Team – SCW Faculty and Continuing Education Provider – Inductee into the National Fitness Hall of Fame

I love having this tool that is weighted uniformly throughout, comfortable to hold, and slightly longer than a classic dumbbell. This makes it the perfect prop to use in place of yoga blocks while quickly being able to transform to a resistance application tool when teaching any sort of Hatha Yoga or other group class.

LAUREN EIRK Founder of the Yoga Integrated Science Wellness Center in Louisville, KY – a certified E-RYT 500 level Yoga Instructor with Yoga Alliance and MATRx Full Body Specialist

The Micro Bar *is intelligent because it is balanced in weight and also easy to grip. I use it for numerous types of classes, from seniors and Barre to total body conditioning. It is a perfect addition for strength training!*

GAY GASPER Certified Presenter for AFAA, IFTA, ACE, and AEA – choreographer for over 30 fitness videos

Not clunky and clanky like weights, but quiet and soft to the touch, so you can stack them together easily and even hold two in one or both hands. Great for walking outdoors, too!

ROSE ZAHNN President, Healthy Habits Fitness, Inc. – Owner, Sacramento Fit Body BootCamp – Master Trainer for Tabata BootCamp and GX, Barre Above, Balletone, and YogaFit – Creator of the PilatesFit program – ACE and AFAA Certified

It is time to dump your dumbbells and start training with the weights of the future! Body Bar hits it out of the park…again!...with their functional and sleek Micro Bars*!*

AILEEN SHERON Innovator and fitness entrepreneur since 1979 – specializes in choreography, myofascial release, equipment-based resistance programming – President of Good Natured Products Inc. – Inventor of the patented OmniBall®.