Body Bar's Newest Product in an effective 3-workout Video Package!

THE MICRO BAR: *the functional advantages of the Body Bar… in a **hand weight!***



- Wide diameter, easy grip rubber – comfortable to hold
- Bar Weight is evenly distributed – movement around the body is unencumbered
- Bar is gripped in 3 positions – varies intensity and load within the same movement progression.
- Effective for use in ANY fitness discipline!



THE VIDEO 3-PACK includes:

- A set MMB02 hand weights
  - choose from 2, 3, 4, and 6 lb sets
- Three workouts on one downloadable video disk

The workouts are intended for the Active Adult, but will challenge anybody! Applying the distinct functional advantages of the Micro Bar, industry professionals Gay Gasper, June Kahn, and Lauren Eirk lead you through three distinct and effective workouts. You will have the option to stand or sit while performing each workout.

INSPIRED STRENGTH – this strength and muscular endurance workout will tone your upper and lower body, as well as your core!

SMOOTH MOVES – experience this low impact, energizing 'smart' workout designed to improve your heart rate response.

YOGA STRENGTH – join Body Bar professionals for this therapeutic Yoga practice, to add various strategic, strength-building variations to familiar Yoga postures.



Body Bar, Inc. Boulder, CO, USA 303-938-6865 ext 0 www.bodybar.com/products/micro-bars