

# a hotter, bolder barre

This may be the most potent blend of the ballet-inspired method: a mix of fast, no-impact intervals and firming moves. Prepare to be won over by how much fitter you feel in just three workouts.

By Sara Angle  
Photographs by Dean Isidro

#### FIT FASHION

Adidas by Stella McCartney Train SL Long-Sleeve top (\$110, adidas.com). Summersalt The Classic Low Rider bottoms (\$45, gosummersalt.com). New Balance 574 Sport sneakers (\$100, newbalance.com).



Anyone who has been to a traditional barre class knows that those signature micromovements will make your muscles feel the burn. But make you breathless? Doesn't happen. Which is what sets this latest twist apart from other barre workouts: Instead of alternating stretching and exercising, it benefits from the heat of doing bigger moves back to back. "We wanted the typical barre class to come alive so you're never standing in the same place for long periods of time or isolating one muscle," says Kerry Clarke, a cocreator of Fire Barre at POE (short for "peace on earth") fitness studios in New Jersey. "Your heart rate gets elevated right from the start with a cardio-infused warm-up, and it stays that way because you're not luxuriating in a stretch between moves."

Plus, the Fire Barre creators have figured out how to intensify classic barre exercises to squeeze more sweat and sculpting out of every rep. Take the usual on-the-barre push-ups: Fire Barre stretches them out to a three-minute nonstop segment, alternating standard and triceps push-ups and switching the pace and range from full presses to pulses, holds, and chest taps. The addition of twists and leg movements engages the core even more.

In fact, each move in the routine targets a major muscle group and also brings in the surrounding smaller →

Styling by Jenn Barthole; hair by Nicolas Eldin/Art Department for Amika; makeup by Jodie Boland/See Management; for Becca Cosmetics; manicure by Rachel Shim for Chanel; Le Vernis; barre by Tip Top Pross



**FIT FASHION** This page: Adidas by Stella McCartney SL Yoga All-in-One bodysuit (\$140, adidas.com). Opposite page: Cardio Paris Cardomini Top (\$100, bikini.com). Tavik Juliet Top layered underneath (\$78, tavik.com). Indah Oreo Solid String Bottom (\$59, indahclothing.com).

**FIT FASHION**

Summersalt The Intercoastal suit (\$95, gosummersalt.com).  
Sunglasses are stylist's own.

By targeting smaller muscles, you'll get arms, abs, and legs that are strong through and through.



accessory muscles. “This gets you a higher caloric burn and helps you gain strength and musculature because you’re hitting muscles that other workouts forget,” says Fire Barre cocreator Kate Albarelli. Working small and large muscle groups at once will raise your metabolic rate and help you whittle away fat, she explains.

Clarke and Albarelli created a fast and furious sample workout for *Shape* that you can do even without the barre (just grab the edge of a countertop). You know that fire sensation you get in your muscles when you’re about to quit? You’ll feel that from start to finish in this dynamic routine. (Get inspired here, then head to [shape.com/firebarre](http://shape.com/firebarre) for the moves.)

After the warm-up, you’ll begin with two targeted arm exercises. “Throw on some music with a really strong beat, and bop along to it, engaging your rib cage while you’re repping to keep your heart rate up,” Clarke says. Then do the next-level thigh and glute exercises—those are the biggest calorie-burning muscles in the body, so your metabolism will be revving. You’ll finish with a core series that hits the deep abdominal muscles for targeted waist cinching.

Do this routine three times a week for four to six weeks. You’ll notice changes in just three workouts. ★

With barre, high intensity doesn’t have to mean high impact, Clarke says.



**FIT FASHION**

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Fire Barre incorporates 95-degree infrared heat, which increases circulation so muscles are more elastic.

## Try this workout!

Scan here for your step-by-step how-to, including photos, or visit [shape.com/firebarre](http://shape.com/firebarre).



### SCALE IT FOR BEST RESULTS

Check out the Scale Down and Scale Up cues online to customize these exercises to your fitness level.

### FIT FASHION

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Opposite page: **Ban.do** Party Visor (\$10, [bando.com](http://bando.com)). **Adidas by Stella McCartney** SL Yoga All-in-One bodysuit (\$140, [adidas.com](http://adidas.com)).

