



Barre Arms & Thighs

New Arrivals • 28m

Ready to work on two of the most popular glamor muscles? Ani is here to bring you a Barre workout that is designed to show some TLC to the areas many people want to see less fat and more toned muscle. This Barre workout uses your own body weight and light dumbbells to target your thighs and arms. You'll move through rhythmic patterns that support fat burning while also toning your legs and arms to give you long, lean muscles like a dancer. Get ready to challenge yourself, get sweaty, and have fun! Substitutions provided for all exercises.

Intensity: 2/5
 Equipment: Light dumbbells and Chair, Stool, or Countertop

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Sliders Lower Body



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Weight Training 102



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Ultimate Full Body