

Taken August 2009

Taken November 2009



My Bar Method Story

I started taking classes at The Bar Method after reading about the low impact exercises (prior right knee surgery) yet amazing results of their clients. Like all great testimonials I went in feeling skeptical that I too could have these chiseled arms and legs but I was willing to try anything new.

I have struggled with my weight for over a decade, ever since high school. No matter what gym I joined or what diet I tried any small result was quickly gone as I got out of routine or failed to stick with it. I just couldn't seem to find the right system to stay on track.

So I started at Bar on August 15th. I had a 30th birthday looming in November and I wanted to start my 30's on a better track than my 20's had been. I decided that a good goal would be to try and drop from my current size 12 down to a size 8 by my birthday. I wasn't overly concerned with the number on my scale, but wanted to focus more on inches and shape.

It's important to note that I also did the difficult job of tracking my diet. I planned out meals, pre-cooked lunches and really stuck to my guns to avoid previous temptations like chocolate or a morning mocha.

After 4 weeks I had lost 1 inch off my arms, 2 off my chest, 2 off my waist, 3 off my hips and 1 off my calves. It was easy to sign up for continued classes after my introductory month, and have pushed myself to get in at least 4 times each week.

I was able to get into that size 8 about 1 month ahead of my goal. I'm now pushing the edge into a size 6 (we can rant on universal sizing at another time) but in the end, on my birthday I had:

Lost 22 pounds...

2 inches off my upper arms 4 inches off my chest 6 inches off my waist

8 inches off my hips 6 inches off my thighs 2 inches off my calves

I still have some weight to lose and inches to ditch, but I have no doubt I've found the right solution. These classes completely transform your body. My legs and arms are getting leaner and more defined, and my rear is getting a lift I didn't know could naturally occur. I'm so glad that Bev, Luke and Maika opened this studio and work so hard to push us all to stay on track, work our hardest and meet our goals. I know I did a lot of work to get this far, but I owe a lot to the Bar Method team for keeping me on track and making this class fun, creative and completely addictive.

- Regan