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**303-938-6865**  
[info@bodybar.com](mailto:info@bodybar.com)

<b>BODY BARS &amp; STORAGE RACKS</b>						2024-01-01
<i>To learn more about each product category, click on the applicable Tab below</i>						
Product	SKU P/N	Product Description	Height x Width x Length (in)	wgt	MSRP 2024 (US Dollars)	
<b>Classic Body Bars</b>	<b>BB03</b>	Body Bar Classic, 3 lb, 48"	1.03 x 1.03 x 48	3 lbs	\$43.99	
	<b>BB04</b>	Body Bar Classic, 4 lb, 48"	1.13 x 1.13 x 48	4 lbs	\$46.99	
	<b>BB06</b>	Body Bar Classic, 6 lb, 48"	1.25 x 1.25 x 48	6 lbs	\$53.99	
	<b>BB09</b>	Body Bar Classic, 9 lb, 48"	1.36 x 1.36 x 48	9 lbs	\$61.99	
	<b>BB12</b>	Body Bar Classic, 12 lb, 48"	1.36 x 1.36 x 48	12 lbs	\$75.99	
	<b>BB15</b>	Body Bar Classic, 15 lb, 48"	1.69 x 1.69 x 48	15 lbs	\$88.99	
	<b>BB18</b>	Body Bar Classic, 18 lb, 48"	1.81 x 1.81 x 48	18 lbs	\$107.99	
	<b>BB24</b>	Body Bar Classic, 24 lb, 48"	2.01 x 2.01 x 48	24 lbs	\$132.99	
	<b>BB30</b>	Body Bar Classic, 30 lb, 60"	2.01 x 2.01 x 60	30 lbs	\$165.99	
	<b>BB36</b>	Body Bar Classic, 36 lb, 72"	2.01 x 2.01 x 72	36 lbs	\$189.99	
<b>Mini Body Bars</b>	<b>MB04</b>	Mini Body Bar, 4 lb, 24"	1.36 x 1.36 x 24	4 lbs	\$47.99	
	<b>MB06</b>	Mini Body Bar, 6 lb, 24"	1.58 x 1.58 x 24	6 lbs	\$56.99	
	<b>MB09</b>	Mini Body Bar, 9 lb, 24"	1.81 x 1.81 x 24	9 lbs	\$69.99	
<b>Micro Bars</b>	<b>MMB02</b>	Micro Bar, 2 lb, 12" <i>(set of two bars)</i>	1.36 x 1.36 x 12	2 lbs	\$58.99	
	<b>MMB03</b>	Micro Bar, 3 lb, 12" <i>(set of two bars)</i>	1.69 x 1.69 x 12	3 lbs	\$63.99	
	<b>MMB04</b>	Micro Bar, 4 lb, 12" <i>(set of two bars)</i>	1.81 x 1.81 x 12	4 lbs	\$68.99	
	<b>MMB06</b>	Micro Bar, 6 lb, 12" <i>(set of two bars)</i>	2.01 x 2.01 x 12	6 lbs	\$82.99	
<b>Racks</b>	<b>MMBR1</b>	Storage Rack for Micro Bars	26 x 24 x 14	30 lbs	NLA	
	<b>SR30-PS</b>	Storage Rack for Classic Body Bars	41 x 25 x 19	35 lbs	\$253.99	

All pricing is FOB Olathe, KS (metro Kansas City)



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**DVD'S & mp4's** 2024-01-01

*To learn more about each title, click on the 'Video Content' Tab below*

Product	SKU P/N	Product Description	Height x Width x Length	wgt	MSRP 2024 (US Dollars)
<b>DVD's</b>	DVD-ASG	<i>currently out of stock</i>			
	DVD-B	B.U.R.N	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-BBBB	Body Bar & Ball Basics	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-BBBC	<i>currently out of stock</i>			
	DVD-BLS	<i>currently out of stock</i>			
	DVD-DD	Deep Definition	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-EAC	Energy Action Circuit	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-EQ	Equanimity	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-EX	<i>currently out of stock</i>			
	DVD-OTB	<i>currently out of stock</i>			
	DVD-PG	Power & Grace	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-PS	Pilates Strength	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-R	Ripple	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-RSSS	Ready Set SuperSet	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-SC	Strength & Conditioning	7.48 x 0.59 x 5.32	0.20 lb	\$24.99
	DVD-SR	Strength Resolutions	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-SS	Strong Step	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-SZ	Sport Zone	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
	DVD-TBE	Total Body Express	7.48 x 0.59 x 5.32	0.20 lb	\$24.99
	DVD-YS	Yoga Strength	7.48 x 0.59 x 5.32	0.20 lb	\$14.99
<b>Micro Bar Videos</b>	mp4-MMBAA3P	Micro Bar Video 3-Pack for Active Aging	5 x 0.15 x 5	0.15 lb	\$11.99
	mp4-MMBAS	Micro Bar Active Strength	5 x 0.15 x 5	0.15 lb	\$9.99
	mp4-MMBCE	Micro Bar Core Essentials	5 x 0.15 x 5	0.15 lb	\$9.99
	mp4-MMBFS	Micro Bar Flowing Strong	5 x 0.15 x 5	0.15 lb	\$9.99
	mp4-MMBHSM	Micro Bar Heart Smart Moves	5 x 0.15 x 5	0.15 lb	\$9.99
	mp4-MMBY3P	Micro Bar Video 3-Pack for Yoga	5 x 0.15 x 5	0.15 lb	\$11.99
	mp4-MMBYS	Micro Bar Yoga Strong	5 x 0.15 x 5	0.15 lb	\$9.99

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**REPLACEMENT PARTS** 2024-01-01

**NOTE: 1 label and end cap on each end, 2 per bar**

Product	SKU P/N	Product Description	Color	MSRP 2024 (US Dollars)
<b>Labels</b>	EL-BB03	Label for BB03	Pantone 321 C Forest Green	\$0.80
	EL-BB04	Label for BB04	Pantone 485 C Red	\$0.80
	EL-BB06	Label for BB06	Pantone 021 C Orange	\$0.80
	EL-BB09	Label for BB09	Pantone Rhodamine Red C	\$0.80
	EL-BB12	Label for BB12	Pantone 3005 C Blue	\$0.80
	EL-BB15	Label for BB15	Pantone Green C	\$0.80
	EL-BB18	Label for BB18	Pantone 012 C Yellow	\$0.80
	EL-BB24	Label for BB24	Pantone Process Black C	\$0.80
	EL-BB30	Label for BB30	Pantone Process 429 C	\$0.80
	EL-BB36	Label for BB36	Pantone 2935 C Blue	\$0.80
	EL-MB04	Label for MB04	Pantone 485 C Red	\$0.80
	EL-MB06	Label for MB06	Pantone 021 C Orange	\$0.80
	EL-MB09	Label for MB09	Pantone Rhodamine Red C	\$0.80
	EL-MMB02	Label for MMB02	Pantone Process Black C	\$0.80
	EL-MMB03	Label for MMB03	Pantone 814 C Green	\$0.80
	EL-MMB04	Label for MMB04	Pantone 814 C Lime Green	\$0.80
	EL-MMB06	Label for MMB06	Pantone 804 C Orange	\$0.80
<b>End Caps</b>	EC-BB03	End Cap for BB03		\$3.20
	EC-BB04	End Cap for BB04		\$3.40
	EC-BB06	End Cap for BB06		\$3.60
	EC-BB09	End Cap for BB09		\$4.00
	EC-BB12	End Cap for BB12		\$4.10
	EC-BB15	End Cap for BB15		\$4.40
	EC-BB18	End Cap for BB18		\$4.60
	EC-BB24	End Cap for BB24-BB30-BB36		\$4.80
	EC-BB09	End Cap for MB04		\$4.00
	EC-BB12	End Cap for MB06		\$4.10
	EC-BB18	End Cap for MB09		\$4.40
	EC-BB09	End Cap for MMB02		\$4.00
	EC-BB15	End Cap for MMB03		\$4.40
	EC-BB18	End Cap for MMB04		\$4.60
	EC-BB24	End Cap for MMB06		\$4.80
<b>End Cap + Label</b>	EC+EL-BB03	End Cap plus Label for BB03		\$3.85
	EC+EL-BB04	End Cap plus Label for BB03		\$4.05
	EC+EL-BB06	End Cap plus Label for BB03		\$4.25
	EC+EL-BB09	End Cap plus Label for BB03		\$4.65
	EC+EL-BB12	End Cap plus Label for BB03		\$4.75
	EC+EL-BB15	End Cap plus Label for BB03		\$5.05
	EC+EL-BB18	End Cap plus Label for BB03		\$5.25
	EC+EL-BB24	End Cap plus Label for BB03		\$5.45
	EC+EL-BB30	End Cap plus Label for BB03		\$5.45
	EC+EL-BB36	End Cap plus Label for BB03		\$5.45

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**DVD & mp4 PROGRAMMING**

2024-01-01

NOTE: Micro Bar videos are downloadable mp4 files, all others are DVD formatting					
Product	SKU P/N	Product Description	Lead Presenter & Time	Workout Category	Description of Workout
<b>DVD's</b>					
DVD-B	B.U.R.N		Keli Roberts 60 min	Cardio & Strength	Bosu Ultimate Reactive Neuromuscular Training with the Body Bar. Gives you a high intensity total body workout that is fun to do, easy to follow and powerfully effective. Using the Body Bar and the BOSUB balance trainer, you will tone and strengthen your muscles, improve balance, refine posture and increase cardiovascular performance. Doing a series of lunges, squats and upper body lifts, as well as cutting edge abdominal work, you will see fast results. Body Bar BURN will take your fitness to the next level!
DVD-B888	Body Bar & Ball Basics		Mindy Myrea 60 min	Strength & Conditioning	The Body Bar and stability ball join forces to trim, tone, tighten and challenge every muscle that you own. This express workout is the perfect introduction to the skills you will need to develop strength and balance in a fun, effective and time-efficient workout. You will learn exercises to train both your upper and lower body in a user-friendly format that is perfect for the newcomer and intermediate exerciser. Clear cues and encouraging words guide you through even the toughest positions. This 30-minute workout will teach strong basic exercises for Body Bar and ball that are challenging and fun. Short and sweet!
DVD-DD	Deep Definition		Rob Glick 60 min	S & C	Pushes you to a new level of fitness as it challenges you with an innovative, up-to-date body sculpt class that incorporates the latest principles in resistance training. The focus is on core strength, functional training, balance, flexibility, and symmetry. The results are total body strength, definition, endurance, and power. Develop a new body awareness and control that enhances the challenges of both sports and daily activities. Be ready to train hard and change your body in a safe, highly effective and time-efficient way.
DVD-EAC	Energy Action Circuit		Mindy Myrea 60 min	C & S	A dynamic and energy-filled body blast of a cardio/muscle training workout. Cardio and strength sections intermix to create a fast-paced and efficient routine. The athletic aerobic segments challenge agility, coordination, balance, and quick reaction time. The strength sections train each muscle group with both slow and fast twitch muscle fiber recruitment. Burn calories as you get strong, fast, and powerful. Fun!
DVD-EQ	Equanimity		Lashaun Dale 60 min	S & C	Is life throwing you off balance? Add resistance, challenge and variety to your exercise program through an exciting total body workout guaranteed to achieve maximum intensity conditioning. Gain inner focus and grounding through a motivating mix of cutting edge exercises that will reshape efficiency, improve body control and increase functional strength and stamina. Ripple is a time-efficient, high-calorie burning addition to any fitness program, not only for athletes but also for those looking for a more mindful approach to their workouts.
DVD-PG	Power & Grace - Body Bar and Gliding		Mindy Myrea 60 min	S & C	A strength training workout that is as challenging as it is smooth. Combine movements into flowing patterns of muscular balance and unique strength options to create a long, lean, and defined body. You will lengthen and strengthen at the same time, using muscles that stay fully engaged through the full range of movement for each exercise pattern. This is truly a total body workout experience that is unique and fresh and that challenges every muscle in your body.
DVD-PS	Pilates Strength		Clare Dunphy 60 min	Mind & Body	The video you've been waiting for - true classical style Pilates matwork featuring the Mini Body Bar as a resistance tool, a balancing prop and an alignment support. Increase strength and definition while you create long, lean muscles. This is a strong intermediate workout flowing from one movement to the next, guiding you in your discovery of increased body awareness and a heightened sense of balance, control and proper alignment. Learn how to find, move and lengthen from your center as you fuse form, line and grace with the breath to achieve a total mind/body harmony. Includes a Bonus "Innovative Stretch". A beautiful blend of yoga, dance and fitness stretches, integrating the Mini Body Bar as a resistance, balancing and alignment tool. The routine flows from one movement to the next with balance, strength and control. This workout will clear your mind while it improves flexibility and mobility. Feel good all over!
DVD-R	Ripple		Clare Dunphy 60 min	Mind & Body	Enter a new age of training that will take you beyond sets and reps. The philosophy of functional training is to integrate rotation, balance, and coordination to prepare the body for sports as well as daily life. Learn the correct technique for rotating from your center of power to maximize movement efficiency, improve body control and increase functional strength and stamina. Ripple is a time-efficient, high-calorie burning addition to any fitness program, not only for athletes but also for those looking for a more mindful approach to their workouts.
DVD-RSSS	Ready Set SuperSet		Keli Roberts 60 min	C & S	A high rep total body workout that guarantees definition, high caloric expenditure and FAST results. This challenging program is designed to improve coordinated strength, muscle balance, and core stability. You will super set upper and lower body exercises and experience both cardiovascular benefits as well as strength improvements. An energizing, choreographed warm-up gets you ready to train your entire body using the Step as a prop and just one Body Bar. The workout finishes with some concentrated abdominal exercises that will improve core strength and stability. A final relaxing stretch will leave you feeling strong and refreshed.
DVD-SC	Strength & Conditioning		Keli Roberts 150 min (3 x 50)	S & C	Consists of three Body Bar workouts, each focusing on total body strength and conditioning. The DVD format allows you to do each workout on its own or customize your own workout by mixing and matching exercises from each. "Basic Training" uses the Body Bar to sculpt and define every muscle group with time efficient, super effective exercises. "Body Bar Challenge" uses intensity training techniques such as giant setting, super setting and drop setting to increase the overall intensity of the workout in a shorter period of time. The "New Body Bar Workout" is an exciting, energetic, and educational workout using classic Body Bar moves in powerful and effective ways.
DVD-SR	Strength Resolutions		Lashaun Dale 60 min	S & C	Test your resolve with the Body Bar's latest strength training workout! Compact and tough - you get upper and lower body conditioning exercises spiced with balance and agility drills that will change the shape of your body. Floor work exercises challenge your core and postural muscles for strength, endurance, and stability. Make a commitment to yourself. Set your resolution, now, to burn off those extra pounds and have more energy, more self-confidence and the best body ever! Includes a Bonus "Core Strength". Uses vital strengthening and stretching to develop correct posture and movement. Faulty abdominal training, weak back musculature and muscle imbalance can create postural problems and instability. This intelligent workout focuses on the development of a strong, centered, well-coordinated trunk so that athletes and novice exercisers alike can perform activities safely and effectively with more strength, balance and control. The exercises in this program will streamline and enhance your approach to abdominal training, and efficiently create a stable and toned midsection. They also serve as preventative conditioning against injury and back problems.
DVD-SS	Strong Step		Sherry Catlin 60 min	S & C	A powerful class that will take your body and give it the strength, tone and definition that you seek, combined with the calorie burning and cardiovascular benefits of Step aerobics. Step choreography moves to the next level with fun and exciting power, rhythm and travel moves. Three levels of intensity and complexity are shown simultaneously so that you may progress at your own pace. Before you can catch your breath, concise, innovative and effective Body Bar exercises for the whole body will help you achieve sleek legs, tight abdominals and a strong defined upper body. You will work your body like never before. Finish with a deep stretch. Feel the difference!
DVD-SZ	Sport Zone		Lashaun Dale & Carey Bond 60 min	S & C	A dynamic Body Bar workout to build fitness skills required for sports performance. Sport Zone uses unique exercises to develop power, endurance, strength and body awareness in an easily followed interval training format. Through repetition, controlled speed and mental focus, Sport Zone is an effective and challenging training workout.
DVD-TBE	Total Body Express		Sherry Catlin 150 min (5 x 30)	S & C	Includes five 30-minute Express Body Bar workouts, to mix and match for optimal results. Learn fundamental skills and guidelines for using the Body Bar in "Body Bar Basics". Sculpt and define each muscle group in "Basic Training". Shape your entire core region in "Hard Core Abs and Basics". Shape and define your arm and shoulder muscles in "Armed and Dangerous". And target all lower body muscles in "Below The Bar". Customize your workout by choosing areas you would like to tone and strengthen, while learning about proper posture and stability.
DVD-YS	Yoga Strength		Beth Shaw 45 min	Mind & Body	Provides a total body workout that develops strength, cardiovascular conditioning, balance and flexibility. Using the Mini Body Bar, more strength is built into existing yoga postures enhancing body awareness, increasing physical control and facilitating body mastery. Because it involves a comprehensive and integrated approach, Yoga Strength produces a stronger, longer, leaner and more graceful physique. It also helps reduce stress, tension and fatigue through its mindful, dynamic movement, deep breathing and muscular focus. The postures link together in a fluid, heat-building way and the Mini Body Bar is used for much of the workout. Includes a bonus "Yoga Sculpt". A combination of yoga-inspired movements and innovative resistance exercises using a light Body Bar for increased muscle endurance. This maximal power-up session builds strength, stamina and flexibility. Combining a vigorous lunge series with extended standing balance and floor stretch moves, the routine flows from one pose to the next while working toward total mind/body harmony.
<b>Micro Bar Videos</b>					
mp4-MMBAA3P	Micro Bar Video 3-Pack for Active Aging		Gay Gasper, June Kahn, Lauren Eirk 90 min (3 x 30)	Active Aging	This video three-pack includes workouts intended for the Active Aging, but will challenge anybody! Applying the distinct functional advantages of the Micro Bar, industry professionals Gay Gasper, June Kahn, and Lauren Eirk provide a strength and endurance session, an energizing cardio session, and a therapeutic Yoga practice: Active Strength, Heart Smart Moves, and Yoga Strong.
mp4-MMBAS	Micro Bar Active Strength		Gay Gasper 30 min	AA	This strength and muscular endurance workout using the Micro Bar will tone your upper and lower body, as well as your core. Enjoy functional exercises that will help you get stronger for your daily life. Gay Gasper will give you an option to stand or sit while performing this program, with June Kahn and Lauren Eirk showing alternate movements.
mp4-MMBCE	Micro Bar Core Essentials		Lauren Eirk 30 min	AA	Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS will challenge you with this core-focused Yoga practice, showcasing the Micro Bar. The bars are the perfect tool to create purposeful muscle contractions to target abdominal, hip, back, and shoulder areas that are essential for better posture and improved overall function. Using various strategic, strength-building variations to common Yoga postures! With Core Essentials, enjoy better posture, improved respiration, and freedom of movement.
mp4-MMBFS	Micro Bar Flowing Strong		Lauren Eirk 30 min	AA	Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS will guide you in this stimulating, muscle-building flow Yoga practice. Lauren uses the Micro Bar to add various strategic, strength-building variations to common Yoga postures. Hatha Yoga is a form of resistance training that, with regular practice, improves joint integrity and overall range of motion. See how the design, comfort, and versatility the Micro Bar are used to add new challenges to this already-powerful Flowing Yoga practice. Experience poses in ways that you have never felt before! Flowing Strong will improve core strength, help create better muscle contractions, improve neuromuscular communication, and sculpt the legs, arms, hips, and back.
mp4-MMBHSM	Micro Bar Heart Smart Moves		June Kahn 30 min	AA	Experience low impact, energizing "smart" workout designed to improve your heart rate response. In this total body workout, which introduces you to the Micro Bar, June Kahn CPT takes you through easy-to-follow moves that include upper body conditioning with this unique and comfortable tool. Heart Smart Moves incorporates sitting and standing options, making this a workout that accommodates all levels - leaving you feeling energized, empowered, and strong!
mp4-MMBY3P	Micro Bar Video 3-Pack for Yoga		Lauren Eirk 90 min (3 x 30)	AA	This video three-pack applies the functional advantages of the Micro Bar in three diverse and valuable Yoga practices that will benefit and inspire anyone! Certified Yoga Teacher/Yoga Therapist Lauren Eirk, MS leads a strength-building session, a purposeful core-focused lesson, and a stimulating Flow Yoga practice: "Yoga Strength, Core Essentials, and Flowing Strong."
mp4-MMBYS	Micro Bar Yoga Strong		Lauren Eirk 40 min	AA	Join Body Bar professionals for this therapeutic Yoga practice, showcasing the Micro Bar, to add various strategic, strength-building variations to familiar Yoga postures. Common with the aging process, neuromuscular issues such as joint instability, chronic pain, numbness, loss of balance, and muscular atrophy can start to develop. During the Yoga Strong flow, Certified Yoga Teacher/Yoga Therapist Lauren Eirk, along with well-known fitness educators June Kahn and Gay Gasper, show you how the design, comfort, and versatility of the Micro Bar can be used to create bone-loading and strength-building improvements to the hip, core, lower leg, and upper extremities that are not possible in traditional Yoga. You will see variations and modifications for various fitness levels, even for those who prefer to work from the chair. With improved strength and stability in the joints, improved mobility, stamina, and posture will result!

PRODUCT IMAGES

BB03		MB04		MMB02		SR30-US		DVD-B		DVD-MMBA3P	
BB04		MB06		MMB03		MMBR1		DVD-BBBB		DVD-MMBAS	
BB06		MB09		MMB04				DVD-DD		DVD-MMBCE	
BB09				MMB06				DVD-EAC		DVD-MMBFS	
BB12								DVD-EQ		DVD-MMBHSM	
BB15								DVD-PG		DVD-MMBY3P	
BB18								DVD-PS		DVD-MMBYS	
BB24								DVD-R			
BB30								DVD-RSSS			
BB36								DVD-SC			
								DVD-SR			
								DVD-SS			
								DVD-SZ			
								DVD-TBE			
								DVD-YS			