

Fusion Workouts

Fitness, Yoga, Pilates,
and Barre

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HUMAN KINETICS

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Fusion workouts are the perfect blend of exercises based on fitness, yoga, Pilates, and dance that take a mindful approach to give you optimal results. Understanding the philosophy and training principles before learning the exercises will ensure success in your exercise program.

Core conditioning is one of the hottest topics in fitness training. You will understand how to train the core and progress through your core work. You will learn breathing techniques that will enhance your core workouts by linking breath and core engagement.

Before you begin your workout, follow the simple guidelines to set yourself up for success. Learning to set intentions and being mindful of your thoughts during your fusion workouts empowers you to take control of your health and well-being. You will gain an appreciation for how the mind affects your body and physiological systems and ultimately your results.



What Are Fusion Workouts?

Fusion workouts are an exciting and innovative way to get fit, build strength, change your body composition, and feel good. This unique way to train optimizes the best of a variety of exercise forms including fitness, yoga, Pilates, and barre, providing endless workout programs that are effective, challenging, and fun. The distinct blending of fusion workouts is an efficient way to gain strength, muscle definition, endurance, flexibility, and balance. And it will never get boring because the combinations of exercises are endless. Whether you want an invigorating or restoring workout, fusion workouts are versatile and will meet your daily needs.

Fusion Workouts provides a wide range of exercises and workout plans that are motivating, safe, and highly effective regardless of your experience, fitness level, or interests. Best of all, no specialized equipment is necessary—just your body!

You will learn a simple system for choosing from more than 100 exercises to create a complete workout. Mix and match the exercises to build your workout for the day or follow the preplanned workouts based on your available time, goals, interests, or fitness level.

This book will give you the knowledge to succeed by providing exercise photos, movement descriptions, and well-designed fusion workouts. Each exercise description includes simple yet effective instructions, photos showing how to perform the exercise for maximum results, and tips and modifications that make the exercise adaptable to a variety of exercisers.

Benefits of Fusion Workouts

Fusion Workouts contains a complete program for mind and body conditioning. By blending the best of yoga, Pilates, fitness, and barre, fusion workouts provide the yin and yang of mind and body training, offering both physical and mental challenges balanced with a sense of calmness and restoration. This nonimpact program will define, strengthen, restore, and nurture your body and soul.