



Muscle Eats Fat (Lotte Berk Method)

Lotte Berk

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Muscle Eats Fat (Lotte Berk Method) Lotte Berk

The Lotte Berk Method has been called the ultimate body transformation system. For over three decades this no-nonsense, results oriented fitness method has been available exclusively at Lotte Berk Method studios in Manhattan and Bridgehampton, New York. A best-selling book and hundreds of articles have featured and praised these special exercises, but now for the very first time, the world famous Lotte Berk Method is available in a series of effective home video workouts. Former school teacher and tax lobbyist Lydia Bach developed the Method while training with Russian dancer Lotte Berk at her Rehabilitative Exercise studio in London. The Lotte Berk Method combines elements from modern & classical dance, orthopedic back exercises, and Hatha yoga into a highly sensual and satisfying fitness system. The Lotte Berk Method is a low-impact extraordinarily effective program that firms, lengthens and shapes muscles to their optimal form! Its system of concentrated movements and deep muscle conditioning was designed to make each woman get her best body - miraculously fast. The Lotte Berk Method will make you feel great and help you discover a new level of confidence and vitality. Nothing is more unattractive than a flabby weak body. The only way to reduce fat is to burn calories and nothing burns calories better than strong muscles. In fact, healthy toned muscles will burn calories 24 hours a day - even when you are at rest! The Lotte Berk Method teaches you targeted exercises that will work poorly toned, unused muscles, particularly in your thighs and abdomen. From your first workout you will begin to create strong, toned muscles and burn calories. The results will look and feel fabulous! Special Features - Dolby 5.1 Surround Sound - Interactive Full Motion Menus - Chapter Selections - Workout to Music with Narration - Bonus Trailers - One Bonus Workout - Photo Gallery

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