



britsbarre

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Brit Shimansky | Austin TX

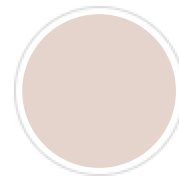
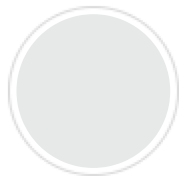
✦ Barre Fitness + Motherhood

✦ NASM CPT + Pre/Postnatal Training Specialist

✦ Director of Training, @modfitness

👉 Postpartum barre class

[vimeo.com/ondemand/britsbarrebebe](https://vimeo.com/ondemand/britsbarrebebe)



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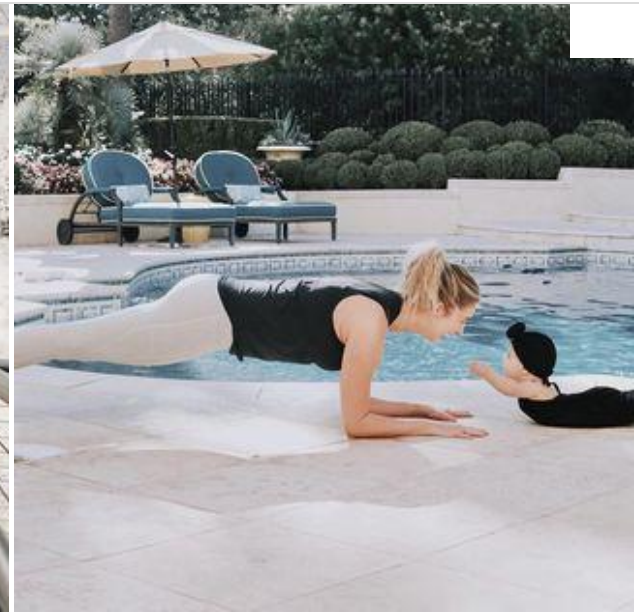
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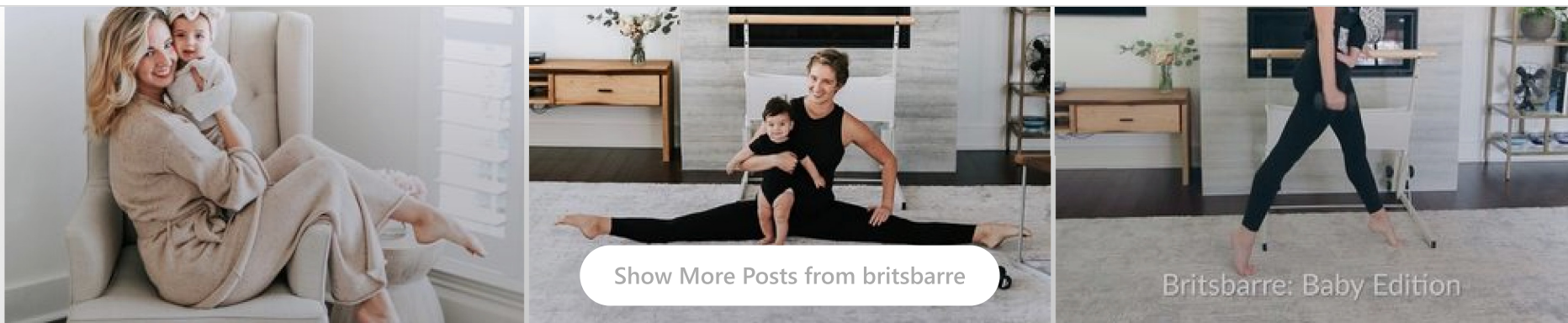


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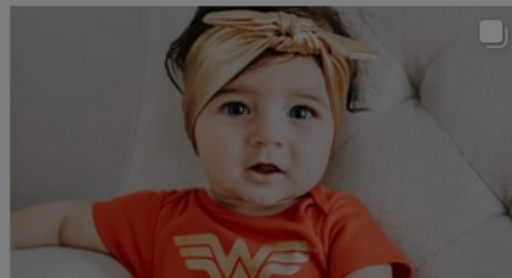
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**britsbarre** So excited to officially launch Britsbarre: Bebe Edition! I designed this barre class for new mamas, and it uses low impact, bodyweight exercises and high reps with light weights to strengthen and define your muscles. I hope you and your little babe have as much fun pulsing it out together as Siena and I did. 🥰👶  
This class is now available on Vimeo to rent or buy. Link in bio to purchase. ❤️

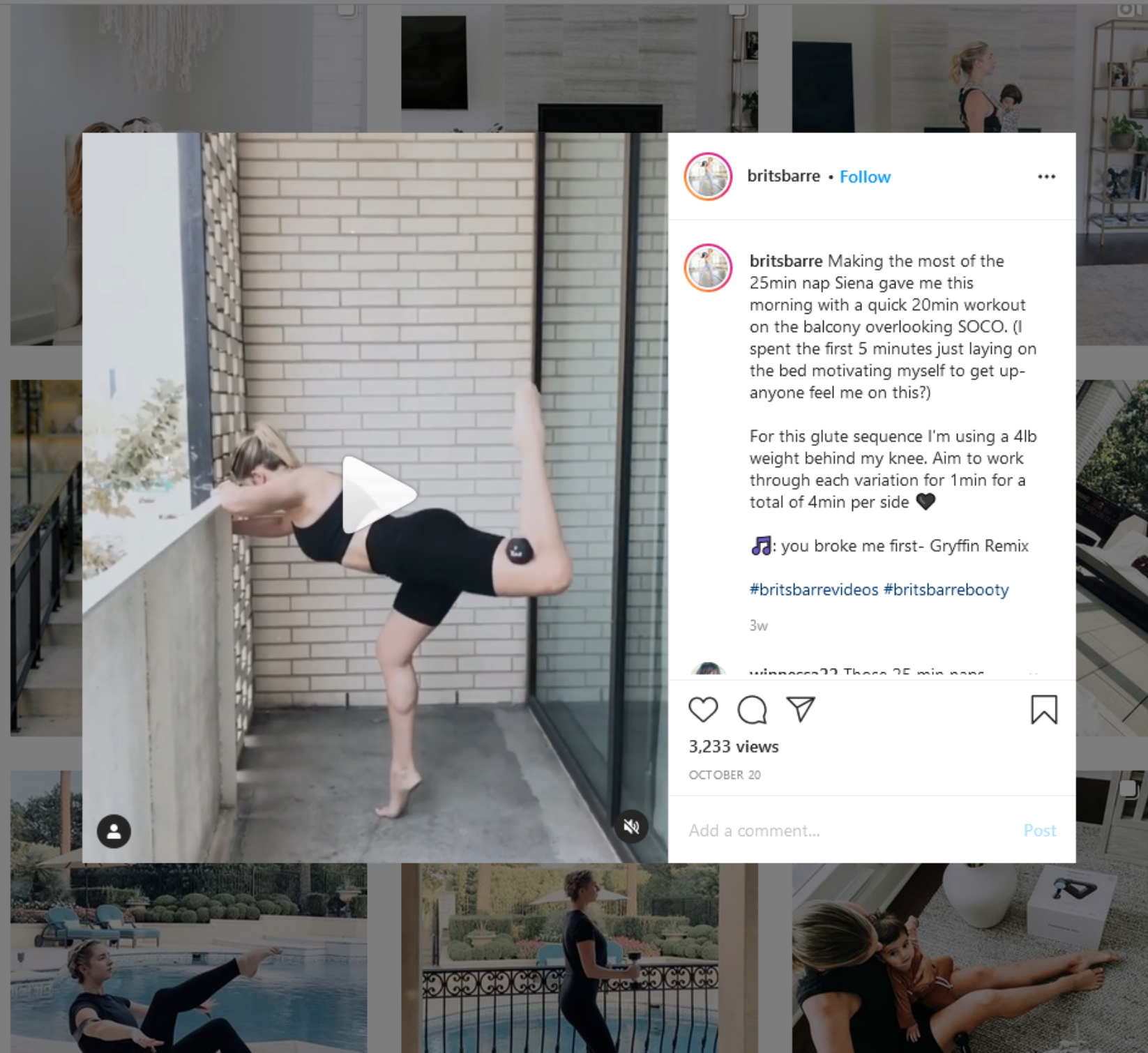



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 **britsbarre** Making the most of the 25min nap Siena gave me this morning with a quick 20min workout on the balcony overlooking SOCO. (I spent the first 5 minutes just laying on the bed motivating myself to get up- anyone feel me on this?)





For this glute sequence I'm using a 4lb weight behind my knee. Aim to work through each variation for 1min for a total of 4min per side ❤️

 you broke me first- Gryffin Remix

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