

## THE BARRE WORKOUT

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## 5 Exercises for Knee Osteoarthritis

This slideshow shares 5 exercises that can help relieve pain, stiffness, and other knee osteoarthritis symptoms. More on-the-go and workplace exercises in our new Smart Patient's Guide to Managing Pain in the Workplace. Moving your knees is the last thing you want to do when you have knee.

## Full Body At-Home HIT Workout with Jacquelyn Umof

Jacquelyn was the first instructor to bring Barre to the Equinox in Manhattan Beach, California. Jacquelyn's rhythmic, fun, yet challenging style keeps her students coming back and craving more.

## 18 Best My Style images | Exercise workouts, Workout ...

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## 11 Best Insulated Water Bottles 2019 to Keep Your Drinks Cold

It's a favorite of Katelyn DiGiorgio, vice president of training and technique at Pure Barre. 9 bkr BPA-Free Silicone Sleeve Glass Water Bottle. Amazon.

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## 7 Delightful JE WORKOUT images | Health fitness, 6 pack ...

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