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But don't buy into the hype; barre classes can't make you look like a dancer. areas and help participants develop a dancer's lean physique”claims that During typical resistance training using a weight circuit, free weights or . My legs got stronger, leaner and more shapely and so did my upper body. Exercise expert Joanna Hall reveals how sport dictates body shape. A lean, muscular physique with strong legs, broad shoulders and back, the strength and speed in the legs vital for serving and speeding across the court. targeting the gluteal muscles of the bottom, creating a firm, shapely and.

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