



Dara has expanded herself and her ideas to become not only a celebrity trainer, but an artist, an athlete and a teacher. With a passion to improve herself and her skills, Dara works to bring a more fulfilling life to others by guiding them to a place to inner love and joy, to be mindful about reaching their fullest potential. She is a founding member and trainer of New York's fitness sensation DOGPOUND, and has collaborated with some of the largest fashion brands, such as Reebok, Free People and Adidas. Alongside these brands, she has traveled abroad to teach in Korea and Thailand, and traveled with international super models to help them prepare for the Victoria's Secret Fashion Show. Locally, she has worked as lead instructor and head trainer for several NYC fitness boutiques, cultivating her own classes and independently creating content. Certified in anatomy, group and personal training, pilates, kundalini yoga and yoga therapy, she also has qualifications in dance, music and performing arts, competitive sports, musy thai and boxing.

dara's mission

is to further create a brand for herself that is centered around her five personal fundamentals: MOVEMENT, PRESENCE, BALANCE, CREATION & SHARING.

Through movement we build the physical strength to heal ourselves, through movement, we experience the world. By having presence, we give ourselves the space to the be fully aware and alive. We can focus on our breath, and receive more peace inside each moment. With balance, we can adjust and stabilize ourselves and our minds. Understanding creation means we understand that we, ourselves, are masterpieces of the universe. Lastly, supporting and uplifting others will in turn, help us find our greatest potential to share with the world.





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Photo by Nigel Barker

Dogpound's Dara Hart on How to Get Fab Abs

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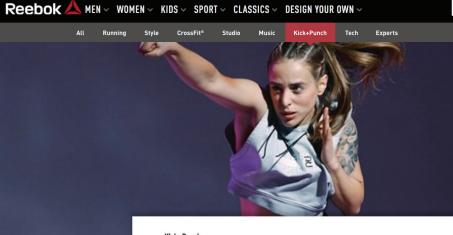
WELLNESS VIDEO LIVING



FITNESS SHARE 7

HOW TO TONE LIKE A VICTORIA'S SECRET MODEL IN UNDER 15 MINUTES

The surprisingly simple last-minute routine the models used right before the show.



Dara Hart Uses Fitness to Inspire

Posted by: Maureen Quirk Global Newsroom



The season's must-try workout? This head-to-toe, heart-pounding circuit from one of the coolest gyms in New York City. By Sara Gaynes Levy

Tlike it when people smash things," says Kirk Myers, founder of the "Ilike it when people smash things, says Kirk Myers, founder of the hot New York City gym Dogpound. But don't let that intimidate you; his routines are doable for anyone who puts in the work. "It's not like we're all biessed to be a superathlete," he says. "I was very overweight. I was diagnosed with heart disease when I was 21. I started working out, and I saw the best results when I combined different techniques." So he borrowed from his favorite disciplines—boxing, strength training, barre, and yoga-and incorporated them into a rapid-fire routine known as The Machine Gun, which has become a go-to for models like I falley Baldwin. (The gym's graphic interior, designed by famed creative director Pablen Baron, is also part of the draw.) Myers crafted a 20-minute version with his fave moves just for Glamour. Do the entire routine three times with as little rest between moves as possible CTPM Levic Stein izensitive ease. little rest between moves as possi-ble ("The key is the intensity," says

Myers), three or four times a week, and you'll feel stronger in six weeks

Burpees: Stand with feet hipwidth apart. Bend down and place palms on floor in front of feet. Jump feet back, landing in push-up posi to hands. Stand up and hop, lifting arms overhead. Do 20 reps. Plank-to-push-ups: Start

in a push-up position. Drop left forearm onto floor, then right, finishing in a plank. Push back up

then left, returning to start Repeat 10 times, alternating which arm drops first.

Bicycles: Lieflaton your back, knees bent at a 90-degree angle. With hands behind head and elbows out ground. Bring right knee ir leg out, and move left elbow toward right knee. Switch sides and repeat. Do 100 rep

Lunges: Stand with feet together, hands on hips. Step forward with right leg; bend right knee into a 90-degree angle while bringing left ward ground. Step left foot

forward to meet right; rep other side. Do 15 per side.

Squat slams: Stand with feet just wider than hip width, holding a heavy book overhead. (An old phone book works, since it might get book works, since it mignt get roughed up; at Dogpound they use sandbags.) Throw it straight down to the ground, then squat, keep-ing chest up, to pick it back up. Return to start.



FP Escapes: DogPound's Dara Hart Bares Her Soul



Dara's love for fitness and health is palpable, eager to shares all she knows. She is a true testament to DogPour and had this self-proclaimed yogi for life (me) back into high intensity workouts in less than a week

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We Tried Out an All-Female Wellness Cruise in Thailand by Clothing Brand Free People





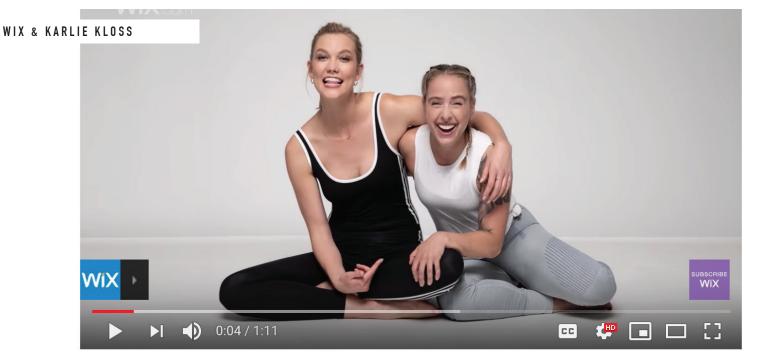




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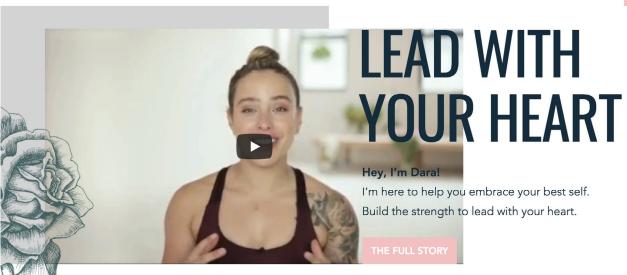
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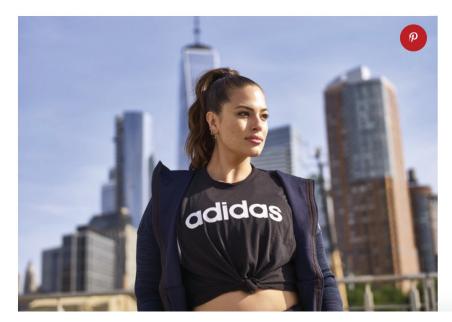






Ashley Graham's Most Recent Fitness Accomplishments Are Pretty Impressive

The model tells SELF about the goals she's crushed lately—including running her first race.



If you follow Graham on Instagram, you'll know that she is no stranger to working out—specifically, strength training.

You may have seen her post some pretty bad-ass workout videos on Instagram. She frequents celeb favorite NYC gym Dogpound, where she works with trainer Dara Hart. "She makes me do some crazy shit that I would never think that I could do," Graham says.

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m BAZAAR}$ Fashion Beauty Celebrity ShopBAZAAR Bazaar Bride

I work out four or five days a week with Dara Hart at the <u>Dogpound</u>. Victoria's Secret Angels like Taylor Hill and Jasmine Tookes are next to me. It's empowering to work out with a female trainer because she's not trying to make me lose weight; we're just trying to get me firmer. We do rowing, boxing. dead lifts, squats, and these long, heavy ropes you hold like horse reins. They're wild.



Last Workout Before the Victoria's Secret Fashion Show | Karlie Kloss

565,345 views







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Klossy 🕏 Published on Nov 20, 2017

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Major shout out to Dara Hart for coming all the way from the other side of the world to train me and all the Victoria's Secret Angels. This was my last workout before the show -- focusing on booty, abs, and lower body. Enjoy! #TrainLikeAnAngel



"THANK YOU FOR BEING PART OF BUILDING MY BODY FOR THE BIG DAY, I'M GRATEFUL FOR YOUR WORK."



FITNESS SHARE 7

THE DUO BEHIND NEW YORK'S MOST INSTAGRAMMED GYM

Dogpound, where you'll lunge beside a Victoria's Secret model.

charitable efforts



Moment of Mindfulness: Kode With Klossy x adidas





