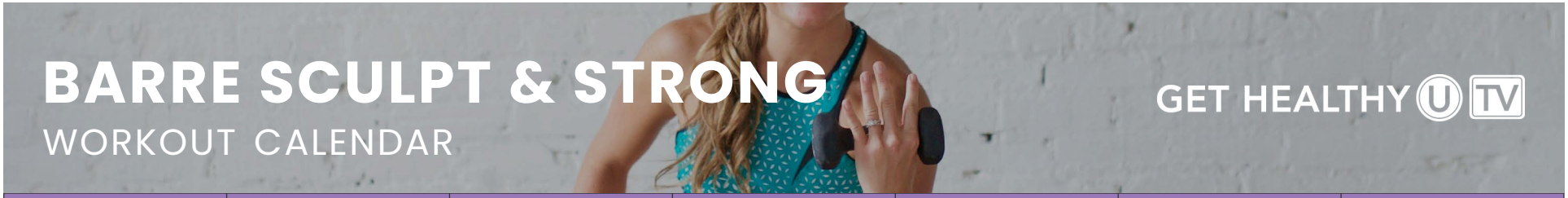

BARRE SCULPT & STRONG

WORKOUT CALENDAR

GET HEALTHY U TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BARRE STRONG: Total Body Sculpt and Shred 30 Minutes	Move Barre Cardio 20 Minutes	DAY OFF	Move Barre Legs 20 Minutes	BARRE STRONG: Bodyweight HIIT Workout 30 Minutes	Stress Relief Yoga 40 Minutes	DAY OFF
DAY 8	**DAY 9**	**DAY 10**	**DAY 11**	**DAY 12**	**DAY 13**	**DAY 14**
Core Conditioning 30 Minutes	BARRE STRONG: Barre Arms and Abs Workout 30 Minutes	Move Barre Sculpt 20 Minutes	DAY OFF	Move Core 20 Minutes	20 Minute Yoga Flow 20 Minutes	BARRE STRONG: Lower Body Barre Workout 30 Minutes
DAY 15	**DAY 16**	**DAY 17**	**DAY 18**	**DAY 19**	**DAY 20**	**DAY 21**
DAY OFF	BARRE STRONG: Bodyweight HIIT Workout 30 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	20 Minute Yoga Flow 20 Minutes	Move Barre Cardio 20 Minutes	DAY OFF	BARRE STRONG: Barre Arms and Abs Workout 30 Minutes
DAY 22	**DAY 23**	**DAY 24**	**DAY 25**	**DAY 26**	**DAY 27**	**DAY 28**
Move Barre Legs 20 Minutes	Stress Relief Yoga 40 Minutes	Move Barre Sculpt 20 Minutes	DAY OFF	BARRE STRONG: Total Body Sculpt and Shred 30 Minutes	Move Core 20 Minutes	BARRE STRONG: Lower Body Barre Workout 30 Minutes