

BARRE SCULPT & STRONG

WORKOUT CALENDAR

GET HEALTHY 



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
GOLD Cardio + Core 30 Minutes or 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	GOLD Cardio + Core Burner 2 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