

FLUID STRENGTH + BARRE

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Barre Burn 30 Minutes	Serious Strength Program – Core & Balance 25 Minutes	Active Day of Rest	Barre Strong: Total Body Sculpt and Shred 35 Minutes	Core Conditioning 35 Minutes	Yoga Sculpt 1 45 Minutes	Active Day of Rest
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Move Barre Legs 20 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	Active Day of Rest	Burn & Build – Low Impact Cardio and Core 30 Minutes	Mindful Yoga 30 Minutes	Barre Strong: Lower Body Barre Workout 30 Minutes	Active Day of Rest
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Straight Up Strength 40 Minutes	Premium Pilates 1 30 Minutes	Active Day of Rest	Move Barre Sculpt 20 Minutes	Barre Strong: Barre Arms and Abs Workout 30 Minutes	Stress Relief Yoga 40 Minutes	Active Day of Rest
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Barre Burn 2 35 Minutes	LIFT – Pilates Yoga Fusion 35 Minutes	Active Day of Rest	Barre Strong: Bodyweight HIIT Workout 30 Minutes	Power Flow Yoga 20 Minutes	Active Day of Rest	Serious Strength Program – Total Body 30 Minutes