

# POWER BARRE AND PILATES

## WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<b>GOLD</b> Power Pilates 1 45 Minutes	Bodyweight Cross Training – Power Yoga and Barre Burner 30 Minutes	Burn & Build – Low Impact Cardio and Core 30 Minutes	<b>GOLD</b> Mat Pilates 3 30 Minutes	<b>GOLD</b> Power Barre 2 50 Minutes	DAY OFF or <b>GOLD</b> Power Flow Yoga 1 30 Minutes	<b>GOLD</b> Pilates Yoga Fusion 2 45 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Jab Punch Crunch Core Workout 20 Minutes	<b>GOLD</b> Cardio + Core Burner 2 40 Minutes	Core Connection 30 Minutes	Barre Strong: Bodyweight HIIT Workout 30 Minutes	DAY OFF	HIIT Core Burner 30 Minutes	<b>GOLD</b> Blended Barre 3 50 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Barre Strong: Barre Arms and Abs Workout 30 Minutes	LIFT – Pilates Yoga Fusion 35 Minutes	<b>GOLD</b> Pilates Core Strength 2 30 Minutes	Bodyweight Cross Training – Cardio Crusher 30 Minutes	<b>GOLD</b> Barre Boxing 2 45 Minutes	DAY OFF or Stress Relief Yoga 40 Minutes	<b>GOLD</b> Buns N’ Abs 45 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<b>GOLD</b> Pilates Yoga Mixer 50 Minutes	Core Blast Pilates 30 Minutes	Serious Strength Program – Core & Balance 25 Minutes	<b>GOLD</b> Pilates with the Sponge Ball 40 Minutes	Barre Strong: Lower Body Barre Workout 30 Minutes	Burn & Build – Low Impact Cardio and Core 30 Minutes	DAY OFF or <b>GOLD</b> Power Flow Yoga 1 30 Minutes