

TIGHT & TONED

WORKOUT CALENDAR

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BARRE STRONG: Lower Body 30 Minutes	BARRE STRONG: Arms & Abs 30 Minutes	SERIOUS STRENGTH: Total Body 30 Minutes	DAY OFF	Core Blast Pilates 30 Minutes Cardio Circuit 10 Minutes	BARRE SCULPT: Move Barre Sculpt 20 Minutes	LIFT: Pilates Yoga Fusion 30 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Lower Body Burn 30 Minutes Fat Burning Cardio Walking 20 Minutes	BARRE SCULPT: Move Barre Cardio 20 Minutes Move Core 20 Minutes	GOLD: Blended Barre 3 45 Minutes	DAY OFF	Upper Body Resculpt 30 Minutes Indoor Interval Walking 20 Minutes	Core Conditioning 30 Minutes	GOLD: Vinyasa Yoga 3 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
BARRE SCULPT: Move Barre Legs 20 Minutes GOLD: Butt Burning Cardio 45 Minutes	Core Blast Pilates 30 Minutes Quick Cardio Blast 1 10 Minutes	GOLD: Metabolic Conditioning 2 45 Minutes	SERIOUS STRENGTH: Core & Balance 30 Minutes	BARRE STRONG: Bodyweight HIIT 30 Minutes	DAY OFF	SERIOUS STRENGTH: Upper Body 30 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
SERIOUS STRENGTH: Lower Body 30 Minutes	BARRE STRONG: Arms & Abs 30 Minutes	GOLD: Blended Barre 2 45 Minutes	DEFINITIONS: Total Body Firm Up 30 Minutes	BARRE STRONG: Lower Body 30 Minutes Upper Body Resculpt 30 Minutes	DAY OFF	Total Body Sculpt and Shred 20 Minutes Move Core 20 Minutes