

Barre Sculpt

GET HEALTHY 

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Move Barre Sculpt 20 Minutes	Cardio of Choice 30 Minutes	DAY OFF	Move Barre Legs 20 Minutes Move Core 20 Minutes	Cardio of Choice 30 Minutes	DAY OFF	Move Barre Cardio 20 minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Move Barre Sculpt 20 Minutes	Cardio of Choice 30 Minutes	DAY OFF	Move Barre Cardio 20 minutes	Move Barre Legs 20 Minutes Move Core 20 Minutes	DAY OFF	Cardio of Choice 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Move Barre Sculpt 20 Minutes Move Core 20 Minutes	Cardio of Choice 30 Minutes	Move Barre Cardio 20 minutes	DAY OFF	Move Barre Legs 20 Minutes Move Core 20 Minutes	Cardio of Choice 30 Minutes	Move Barre Sculpt 20 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Move Barre Sculpt 20 Minutes Move Barre Legs 20 Minutes	Cardio of Choice 30 Minutes	Move Barre Sculpt 20 Minutes	DAY OFF	Move Barre Legs 20 Minutes Move Core 20 Minutes	Cardio of Choice 30 Minutes	Move Barre Sculpt 20 Minutes