



FLUID STRENGTH

GET HEALTHY **U** TV

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Ballet Body Warm-up 13 Minutes Ballet Body Strength 13 Minutes	Dance Workout Warm-Up 6 Minutes Sweating Sexy Part 1 15 Minutes Cool Down 6 Minutes	Total Body Firm Up 33 Minutes	DAY OFF	Dance Workout Warm-Up 6 Minutes Sweating Sexy Part 2 22 Minutes Cool Down 6 Minutes	Move Barre Sculpt 23 Minutes Move Barre Core 24 Minutes	Move Barre Cardio 24 Minutes
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Ballet Body Warm-Up 13 Minutes Ballet Body Balance 13 Minutes Ballet Body Stretch 12 Minutes	Dance Warm-Up 6 Minutes Sweating Sexy Part 1 25 Minutes Sweating Sexy Part 2 22 Minutes Cool Down 6 Minutes	DAY OFF	Lower Body Burn 32 Minutes	Yoga Flowetry Workout 56 Minutes	Upper Body Resculpt 30 Minutes	Core Blast Pilates 30 Minutes
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Move Barre Cardio 24 Minutes Move Barre Legs 23 Minutes	Total Body Firm-Up 33 Minutes	Dance Warm-Up 6 Minutes Sweating Sexy Part 1 25 Minutes Sweating Sexy Part 2 22 Minutes Cool Down 6 Minutes	Ballet Body Warm-Up 13 Minutes Ballet Body Strength 13 Minutes Ballet Body Floor Barre 11 Minutes Ballet Body Stretch 12 Minutes	DAY OFF	Core Blast Pilates 30 Minutes	Move Barre Sculpt 23 Minutes Move Barre Cardio 24 Minutes
DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Yoga Flowetry Workout 56 Minutes	Total Body Firm Up 33 Minutes	Dance Workout Warm-Up 6 Minutes Sweating Sexy Part 1 15 Minutes Cool Down 6 Minutes	Upper Body Resculpt 30 Minutes Lower Body Burn 32 Minutes	DAY OFF	Core Blast Pilates 30 Minutes	Total Body Firm Up 33 Minutes

DEFINITIONS

Core Blast Pilates
Total Body Firm-Up
Upper Body Resculpt
Lower Body Burn

SWEATING SEXY

Dance Workout Warm-Up
Sweating Sexy Part 1
Sweating Sexy Part 2
Cool Down

BARRE SCULPT

Move Barre Legs
Move Barre Cardio
Move Barre Sculpt

YOGA FLOWETRY

Yoga Flowetry Workout

BALLET BODY

Ballet Body Warm Up
Ballet Body Strength
Ballet Body Balance
Ballet Body Floor Barre
Ballet Body Stretch