




















# barre™

B L E N D

## PREP CALENDAR

MON	TUES	WED	THUR	FRI	SAT	SUN
 Sample Workout (25 min)	 Day 3: Balance (30 min)	 20-Min Classic Full Body Blend (20 min)	 Get Centered (30 min)	 20-Min Cardio Blend (20 min)	 Day 6: Relax (30 min)	<b>REST &amp; REPLENISH</b>  <b>MEAL PREP</b>
 Week 1: Classic Full Body Blend (30 min)	 Week 1: Booty Blend (30 min)	 Week 1: Cardio Blend (30 min)	 Week 1: Core Blend (30 min)	 Week 1: Lean Legs Blend (30 min)	 Day 1: Core (30 min)	<b>REST &amp; REPLENISH</b>  <b>MEAL PREP</b>
 Sample Workout (25 min)	 Get Well-Rounded (30 min)	 Week 1: Classic Full Body Blend (30 min)	 Get Well-Rounded 2 (45 min)	 20-Min Classic Full Body Blend (20 min)	 20-Min Cardio Blend (20 min)	<b>REST &amp; REPLENISH</b>  <b>MEAL PREP</b>
 <b>DAY 1 OF PROGRAM</b>						

Consult your physician and follow all safety instructions before beginning this exercise program.

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