



barre™
BLEND

GET STARTED

THANK YOU

for joining me on this Barre Blend™ journey! I am so excited to spend the next 60 days with you exploring my favorite disciplines of ballet, Pilates, and cardio. Through these workouts, you'll discover self-expression while you energize your body and your life. With this newfound energy comes a long, lean physique, a strong core, and a lifted booty. And I'll be here with daily motivation and tools to help you live your best, authentic life!

xo
Elise



DEFY YOUR LIMITS, DEFINE YOUR BODY



5 WORKOUTS A WEEK OVER 8 WEEKS 30 TO 40 MINUTES A DAY

The ideal sequence of workouts to help you get the results you want.

4 PHASES

We'll change up the moves and level of difficulty every 2 weeks to make sure you keep seeing results.

LOW-IMPACT, HIGH-INTENSITY, FULL-BODY WORKOUTS

We incorporate cardio intervals in every workout to maximize your calorie burn. And while every workout is full-body, we give special focus to one body part each day.

MINIMAL EQUIPMENT REQUIRED

You don't need a ballet barre to do this program. You can use a strong and sturdy chair, countertop, couch, or any stable household surface that is at least 36" high.* You'll need light weights (1–5 pounds).

Optional: You can also use Beachbody® Resistance Loops to really crank up the intensity.

ALL FITNESS LEVELS (YES, EVEN ADVANCED!)

Barre Blend is perfect for beginning to advanced exercisers. We include a modifier and an intensifier so you can get the workout you need today.

DAILY MOTIVATION

I help you find inspiration and stay empowered, both in and out of class.

*Stay safe! Please ensure your object is strong, sturdy, and does not move while you exercise.

READY TO GET STARTED?

FOLLOW THESE EASY STEPS



1

Take your BEFORE photos and measurements and record them in your Measurement Tracker.

2

Read the Beachbody Guide to Nutrition and download the Beachbody On Demand app to stream your workouts and track your food and Shakeology®. Also watch the Get Started Videos under “Get Started” on Beachbody On Demand.



3

Press *play* on the first workout, *Classic Full Body Blend*, and grab a card from your “I AM” Motivation Card deck.



4

Follow your daily workout calendar, choose your “I AM” Daily Motivation Card, and log your activity.

	MON	TUE	WED	THURS	FRI	SAT	SUN
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SWEAT, BURN, SMILE!

Over the next 8 weeks, you can help melt off fat while helping sculpt a long, lean physique to reveal your barre body. My goal is to challenge and change you as the weeks progress. Get ready to find your bliss in the burn!

MONDAY – Classic Full Body Blend: My “classic” workout can help tone, chisel, and define your whole body. You can even do this one again on your rest days to help you get results faster.

TUESDAY – Booty Blend: Embrace the burn as you help lift and shape your glutes using small, controlled movements, isometric holds, and high reps.

WEDNESDAY – Cardio Blend: Every minute counts in this high-energy, heart-pumping class that can help burn calories fast while strengthening and toning all over.

THURSDAY – Core Blend: My ab-sculpting moves will help strengthen your core while helping you slim and tone all over.

FRIDAY – Lean Legs Blend: Your muscles will be shaking and quaking by the time you finish this intense lower-body routine that targets your glutes, hamstrings, and thighs.

BONUS WORKOUTS	10-Min ENHANCEMENTS:	RECOVERY:
Can't get enough? You can add these workouts any day of the week, including rest days.	<ul style="list-style-type: none">* Enhance the Core* Enhance Your Cardio* Enhance the Upper Body* Enhance the Lower Body* Enhance the Booty	<ul style="list-style-type: none">* 10-Min Yoga Blend* 15-Min Yoga Blend* Roll & Replenish

BEFORE YOU BEGIN

GET STARTED WITH BARRE BLEND: I'll show you what to expect over the next 60 days.

NUTRITION ONBOARDING: I'll take you through different nutrition programs to help you decide which one works best for you according to your personal goals.

BARRE BASICS: I'll teach you the basic moves and ballet terminology that you'll see throughout the program as well as establish your space.

PREP WORKOUTS: I created *20-min Classic Full Body Blend* and *20-min Cardio Blend* mini-workouts to introduce you to the program and get you fired up to succeed!

PROGRAM MATERIALS

BEACHBODY GUIDE TO NUTRITION: Nutrition is key to ensure you get the best results. The Beachbody Guide to Nutrition helps you upgrade your eating habits to optimize your workout performance and fuel even greater results.

“I AM” DAILY MOTIVATION CARDS: I'm a firm believer in setting intentions and practicing mindfulness. These cards will help you celebrate your accomplishments and keep you inspired.



MEASUREMENT TRACKER

It's important to track your progress with photos and measurements over the next 8 weeks. Take your **BEFORE** photos and measurements on the first day of the program. After you complete Phase 2, take new photos and measurements. Then when you finish Barre Blend, take your **AFTER** photos and measurements and congratulate yourself on a job well-done! For information on how to get the best results when taking your **BEFORE** and **AFTER** photos, please visit BeachbodyChallengePhotos.com

MEASUREMENTS	WEEK 1	WEEK 4	WEEK 8
Chest			
Left Arm			
Right Arm			
Waist			
Left Leg			
Right Leg			
TOTAL INCHES			
WEIGHT			

SHARE YOUR PHOTOS AND VIDEOS WITH US

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Enter your Barre Blend results into the Beachbody Challenge® contest and you'll not only have the chance to win cash prizes, but we'll also send you a **FREE GIFT.****

Learn more and enter your results at BeachbodyChallenge.com

**While supplies last.

boerre™

BLEND

	MON	TUES	WED	THURS	FRI	SAT	SUN
				<ul style="list-style-type: none"> Review • Get Started Videos & Program Materials • Try Sample Workout 	<ul style="list-style-type: none"> Try 20-min Classic Full Body Blend 	<ul style="list-style-type: none"> Try 20-min Cardio Blend 	Meal Prep
PREP WEEK							
PHASE 1	WEEK 1	CLASSIC FULL BODY BLEND 1 BEFORE PHOTO/MEASURE	BOOTY BLEND 1	CARDIO BLEND 1	CORE BLEND 1	LEAN LEGS BLEND 1	REST & REPLENISH
	WEEK 2	CLASSIC FULL BODY BLEND 2	BOOTY BLEND 2	CARDIO BLEND 2	CORE BLEND 2	LEAN LEGS BLEND 2	REST & REPLENISH
PHASE 2	WEEK 3	CLASSIC FULL BODY BLEND 3	BOOTY BLEND 3	CARDIO BLEND 3	CORE BLEND 3	LEAN LEGS BLEND 3	REST & REPLENISH
	WEEK 4	CLASSIC FULL BODY BLEND 4	BOOTY BLEND 4	CARDIO BLEND 4	CORE BLEND 4	LEAN LEGS BLEND 4	REST & REPLENISH
	WEEK 5	CLASSIC FULL BODY BLEND 5	BOOTY BLEND 5	CARDIO BLEND 5	CORE BLEND 5	LEAN LEGS BLEND 5	REST & REPLENISH
PHASE 3	WEEK 6	CLASSIC FULL BODY BLEND 6	BOOTY BLEND 6	CARDIO BLEND 6	CORE BLEND 6	LEAN LEGS BLEND 6	REST & REPLENISH
	WEEK 7	CLASSIC FULL BODY BLEND 7	BOOTY BLEND 7	CARDIO BLEND 7	CORE BLEND 7	LEAN LEGS BLEND 7	REST & REPLENISH
	WEEK 8	CLASSIC FULL BODY BLEND 8	BOOTY BLEND 8	CARDIO BLEND 8	CORE BLEND 8	LEAN LEGS BLEND 8	REST & REPLENISH
PHASE 4	WEEK 7	CLASSIC FULL BODY BLEND 7	BOOTY BLEND 7	CARDIO BLEND 7	CORE BLEND 7	LEAN LEGS BLEND 7	REST & REPLENISH
	WEEK 8	CLASSIC FULL BODY BLEND 8	BOOTY BLEND 8	CARDIO BLEND 8	CORE BLEND 8	LEAN LEGS BLEND 8	REST & REPLENISH

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

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