



BEGINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST DAY	IN 10 LOWER BODY BOOTY IN 10 CORE REHABILITATION	IN 10 UPPER BODY IN 10 CORE REHABILITATION	REST DAY OR ACTIVE RECOVERY 10-15 MIN EASY WALK/ SWIM IN 10 CORE REHABILITATION	IN 10 TOTAL BODY BARRE IN 10 CORE REHABILITATION	REST DAY OR ACTIVE RECOVERY IN 10 ALLONGE HG IN 10 CORE REHABILITATION	IN 10 TOTAL BODY BARRE X 2 IN 10 CORE REHABILITATION
REST DAY	IN 10 LOWER BODY BARRE LEGS IN 10 LOWER BODY ADDUCTORS + ABDUCTORS IN 10 CORE REHABILITATION IN 10 ALLONGE BALL MASSAGE	IN 10 LOWER BODY REHABILITATION IN 10 UPPER BODY MINIBAND IN 10 CORE REHABILITATION	IN 10 UPPER BODY BARRE ARMS IN 10 LOWER BODY GLUTE MAJOR, MEDIAL + MINOR IN 10 CORE REHABILITATION	REST DAY	15-20 MIN WALK IN 10 CORE REHABILITATION	IN 10 UPPER BODY BALLET ARMS IN 10 LOWER BODY BOOTY IN 10 ALLONGE BALL FOUR MASSAGE IN 10 CORE REHABILITATION
REST DAY	IN 10 LOWER BODY ADDUCTORS + ABDUCTORS IN 10 CORE REHABILITATION	IN 30 BASS TAKE BREAKS + WATER BREAKS AS YOU NEED.. YOU HAVE A GOOD FOUNDATION	REST DAY OR ACTIVE RECOVERY 10-15 MIN EASY/LIGHT DANCE PARTY	IN 10 CORE REHABILITATION IN 10 UPPER BODY BALL ARMS IN 10 LOWER BODY BARRE LEGS, GLUTES + OBS	IN 30 DEFINE	REST DAY
15MIN EASY WALK IN 10 ALLONGE FOR COMPUTER USERS IN 10 CORE REHABILITATION	ACTIVE RECOVERY 15-20 MIN EASY HIKE IN 10 CORE REHABILITATION	IN 10 LOWER BODY BARRE LEGS + OBLIQUES IN 10 UPPER BODY BALLET ARMS IN 10 CORE REHABILITATION	IN 30 BASS	REST OR ACTIVE RECOVERY 15-20MIN PLAY ON PARK JUNGLE GYM OR PLAY TAG WITH YOUR CREATURE	IN 30 DEFINE	REST DAY

LISTEN TO YOUR BODY