



POST 1ST BEGINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST DAY	IN 10 LOWER BODY BOOTY IN 10 CORE SAHRMANN	IN 10 UPPER BODY WEIGHTLESS IN 10 CORE REHABILITATION	REST DAY OR ACTIVE RECOVERY 10-15 MIN EASY WALK/ SWIM	IN 10 TOTAL BODY BARRE	REST DAY OR ACTIVE RECOVERY IN 10 ALLONGE HG	IN 10 TOTAL BODY BARRE IN 10 TOTAL BODY GLUTES, PECS, BIS + TRIS
REST DAY	IN 10 LOWER BODY BARRE LEGS IN 10 LOWER BODY ADDUCTORS + ABDUCTORS IN 10 ALLONGE BALL MASSAGE	IN 10 LOWER BODY BARRE LEGS, GLUTES + OBS IN 10 UPPER BODY MINIBAND	IN 10 UPPER BODY BARRE ARMS IN 10 LOWER BODY GLUTE MAJOR, MEDIAL + MINOR	REST DAY	10-15 MIN WALK WATCH MAX HEARTRATE	IN 10 UPPER BODY BALLET ARMS IN 10 LOWER BODY BOOTY IN 10 ALLONGE BALL FOUR MASSAGE
REST DAY	IN 10 LOWER BODY ADDUCTORS + ABDUCTORS IN 10 CORE BACK PAIN 18.01.21	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 TOTAL BODY CHISEL CIRCUIT	IN 30 SPECIAL DEFINE	REST DAY
15MIN EASY WALK IN 10 ALLONGE FOR COMPUTER USERS	ACTIVE RECOVERY 15-20 MIN EASY HIKE	IN 10 LOWER BODY BARRE LEGS + OBLIQUES IN 10 UPPER BODY BALLET ARMS	IN 30 BASS1	REST OR ACTIVE RECOVERY 15-20MIN PLAY ON PARK JUNGLE GYM OR PLAY TAG WITH YOUR CREATURE	IN 30 SPECIAL P + P CORE WATCH MAX HEART RATE	REST DAY

LISTEN TO YOUR BODY