



# POST 2ND BEGINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>REST DAY</b>	IN 10 LOWER BODY BOOTY  IN 10 CORE SAHRMANN	IN 10 UPPER BODY BARRE ARMS  IN 10 CORE	<b>REST DAY OR ACTIVE RECOVERY</b>  10-15 MIN EASY WALK/ BIKE RIDE/SWIM	IN 10 TOTAL BODY CIRCUIT  IN 10 CORE	<b>REST DAY OR ACTIVE RECOVERY</b>  IN 10 ALLONGE BON NUIT	IN 10 TOTAL BODY BARRE  IN 10 UPPER BODY TORSO + CORE
<b>REST DAY</b>	IN 10 LOWER BODY BARRE LEGS  IN 10 LOWER BODY ADDUCTORS - ABDUCTORS  IN 10 ALLONGE GLUTES	IN 10 TOTAL BODY BARRE  IN 10 LOWER BODY BOOTY + CORE  IN 10 ALLONGE DILATED CERVIX	IN 10 UPPER BODY BARRE ARMS  IN 10 LOWER BODY HG + CORE	<b>REST DAY</b>	10-15 MIN WALK  <b>WATCH MAX HEARTRATE</b>	IN 10 UPPER BODY BEAT ARMS  IN 10 LOWER BODY BARRE BOOTY  IN 10 ALLONGE FOR RUNNERS/SPINNERS
<b>REST DAY</b>	IN 10 LOWER BODY adductors + glutes  IN 10 UPPER BODY MINIBAND  IN 10 CORE BACK PAIN	IN 30 BASS  <small>TAKE BREAKS + WATER BREAKS AS YOU NEED. YOU HAVE A GOOD FOUNDATION</small>	<b>REST DAY OR ACTIVE RECOVERY</b>  10-15 MIN <b>EASY/LIGHT</b> DANCE PARTY	IN 10 CORE  IN 10 TOTAL BODY CHISEL CIRCUIT	IN 30 SPECIAL DEFINE	<b>REST DAY</b>
IN 30 SPECIAL P+P CORE	<b>ACTIVE RECOVERY</b>  15-20 MIN EASY HIKE	IN 10 LOWER BODY BARRE LEGS + OBLIQUES  IN 10 ALLONGE FOR RUNNERS/SPINNERS	IN 30 BASS	<b>REST OR ACTIVE RECOVERY</b> 15-20MIN PLAY ON PARK JUNGLE GYM OR PLAY TAG WITH YOUR CREATURE	IN 30 SIGNATURE  <b>ABSOLUTELY NO HIIT + WATCH MAX HEART RATE</b>	<b>REST DAY</b>

LISTEN TO YOUR BODY

