



POST 3RD BEGINNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST DAY	IN 10 LOWER BODY BOOTY IN 10 CORE SAHRMANN	IN 10 UPPER BODY BARRE ARMS IN 10 CORE	REST DAY OR ACTIVE RECOVERY 10-15 MIN EASY WALK/ BIKE RIDE/SWIM	IN 10 TOTAL BODY CIRCUIT IN 10 CORE	REST DAY OR ACTIVE RECOVERY IN 10 ALLONGE BON NUIT	IN 10 TOTAL BODY BARRE IN 10 UPPER BODY TORSO + CORE
REST DAY	IN 10 TOTAL BODY BARRE IN 10 LOWER BODY BOOTY + CORE IN 10 ALLONGE GLUTES	IN 10 UPPER BODY MINIBAND IN 10 LOWER BODY ADDUCTORS + ABDUCTORS IN 10 ALLONGE DILATED CERVIX	IN 10 LOWER BODY BARRE BOOTY IN 10 LOWER BODY HG + CORE	REST DAY	10-15 MIN WALK WATCH MAX HEARTRATE	IN 10 UPPER BODY BEAT ARMS IN 10 LOWER BODY BARRE LEGS IN 10 ALLONGE FOR RUNNERS/SPINNERS
REST DAY	IN 10 LOWER BODY adductors + glutes IN 10 CORE BACK PAIN IN 10 UPPER BODY BARRE ARMS	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 30 SPECIAL DEFINE	IN 10 CORE IN 10 TOTAL BODY CHISEL CIRCUIT	REST DAY
IN 30 CLASSIQUE	ACTIVE RECOVERY 15-20 MIN EASY HIKE	IN 30 BASS	IN 10 LOWER BODY BARRE LEGS - OBLIQUIS IN 10 ALLONGE FOR RUNNERS/SPINNERS	REST OR ACTIVE RECOVERY 15-20MIN PLAY ON PARK JUNGLE GYM OR PLAY TAG WITH YOUR CREATURE	IN 30 SIGNATURE ABSOLUTELY NO HIIT + WATCH MAX HEART RATE	REST DAY

LISTEN TO YOUR BODY