



# PRE 2ND BEGINNER

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

LISTEN TO YOUR BODY