30 DAY BARRE WORKOUT • **CROSS TRAINING**

BarreSlim

www.BarreSlim.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01 WORKOUT #1	02	03	04 WORKOUT #2	05	06	07 WORKOUT #3
08	09	10 WORKOUT #1	11	12	13 WORKOUT #2	14
15	16	17 WORKOUT #3	18	19	20 WORKOUT #1	21
22	23	24 WORKOUT #2	25	26	27 WORKOUT #3	28
29	30					

BEGINNING BARRE INTERMEDIATE BARRE ADVANCED BARRE

Meant to compliment other workout regimes such as training for a long distance run, swimming, cycling, boxing, or any training that will benefit from additional stamina and strength needed in the stability muscles. This schedule can be modified to fit any training regime and is recommended to prevent injuries that come with competitive training and over uses such as, back, knees and feet.