30 DAY BARRE WORKOUT • INJURIES/RECOVERY

BarreSlim
www.BarreSlim.com

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

BEGINNING BARRE INTERMEDIATE BARRE ADVANCED BARRE