# 30 DAY BARRE WORKOUT • **TONE UP**

BarreSlim
www.BarreSlim.com

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

BEGINNING BARRE  INTERMEDIATE BARRE  ADVANCED BARRE

This 30-day plan is all about toning up and getting rid of those trouble zones. Its starts off slow and then quickly ramps up! The Double-Days were designed to be a complete total body workout, so if they are too hard just pick one to do and come back to the second one later in the day instead of doing them back-to-back. Do not sub a workout for a different one since you will not see optimal results.