30 DAY BARRE WORKOUT • **LOSE WEIGHT**

BarreSlim

www.BarreSlim.com

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

BEGINNING BARRE

INTERMEDIATE BARRE

ADVANCED BARRE