

30-Day XB Pilates™ (XBP) & Xtend Barre™ (XB) Hybrid Calendar

01 Cardio Fusion 1 (XBP)	02 Xtend Signature 1 (XB)	03 Abs & Booty 1 (XBP)	04 Sculpt & Define 1 (XBP)	05 Legs 1 (XB)	06 Cardio 1 (XB)	07 Hit The Mat 1 (XBP)	
08 Ballet Sculpt 1 (XB)	09 Booty 1 (XB)	10 Sculpt & Define 1 (XB)	11 Xtend Signature 2 (XB)	12 Core 1 (XB)	13 Cardio Fusion 2 (XBP)	14 Flexibility & Balance 1 (XB)	
15 Xtend Signature 3 (XB)	16 Abs & Booty 2 (XBP)	17 Sculpt & Define 2 (XBP)	18 Xtend Signature 4 (XB)	19 Cardio 2 (XB)	20 Hit The Mat 2 (XBP)	21 Abs & Booty 3 (XBP)	
22 Sculpt & Define 2 (XB)	23 Legs 2 (XB)	24 Core 2 (XB)	25 Xtend Signature 5 (XB)	26 Booty 2 (XB)	27 Hit The Mat 3 (XBP)	28 Flexibility & Balance 2 (XB)	
29 Sculpt & Define 3 (XBP)	30 Cardio Fusion 3 (XBP)	<p>Before starting round 2 we recommend adding a rest day or an active recovery day to get the most out of your next round.</p>					