

XTEND BARRE

30-DAY AMPLIFIED CALENDAR

LOOKING FOR A CHALLENGE? THIS SCHEDULE KICKS THE INTENSITY UP A NOTCH AND FEATURES A DIFFERENT WORKOUT EVERY DAY.

01 <input type="checkbox"/> BARRE BASICS XTEND SIGNATURE 1	02 <input type="checkbox"/> CARDIO 1	03 <input type="checkbox"/> SCULPT & DEFINE 1	04 <input type="checkbox"/> XTEND SIGNATURE 2	05 <input type="checkbox"/> LEGS 1	06 <input type="checkbox"/> BALLET SCULPT 1	07 <input type="checkbox"/> XTEND PILATES 1	
08 <input type="checkbox"/> BOOTY 1	09 <input type="checkbox"/> XTEND SIGNATURE 3	10 <input type="checkbox"/> CORE 1	11 <input type="checkbox"/> CARDIO 2	12 <input type="checkbox"/> XTEND SIGNATURE 4	13 <input type="checkbox"/> SCULPT & DEFINE 2	14 <input type="checkbox"/> FLEXIBILITY & BALANCE 1	
15 <input type="checkbox"/> LEGS 2	16 <input type="checkbox"/> XTEND SIGNATURE 5	17 <input type="checkbox"/> CORE 2	18 <input type="checkbox"/> BALLET SCULPT 2	19 <input type="checkbox"/> BOOTY 2	20 <input type="checkbox"/> XTEND SIGNATURE 6	21 <input type="checkbox"/> XTEND PILATES 2	
22 <input type="checkbox"/> XTEND SIGNATURE 7	23 <input type="checkbox"/> SCULPT & DEFINE 3	24 <input type="checkbox"/> LEGS 3	25 <input type="checkbox"/> XTEND SIGNATURE 8	26 <input type="checkbox"/> XTEND PILATES 3	27 <input type="checkbox"/> BOOTY 3	28 <input type="checkbox"/> FLEXIBILITY & BALANCE 2	
29 <input type="checkbox"/> CARDIO 3	30 <input type="checkbox"/> XTEND SIGNATURE 9	FOR A STRONG, LEAN BODY...HIT THE BARRE!				openfit™	

Consult your physician and follow all safety instructions before beginning any exercise program or nutrition plan, especially if you are pregnant, breastfeeding, have any medical condition, or are taking any medication.

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