

# XTEND BARRE

# 30-DAY CALENDAR

FOLLOW THIS CALENDAR TO GET STARTED WITH XTEND BARRE. AFTER 30 DAYS, YOU CAN START THE CALENDAR FROM THE BEGINNING, BUT FEEL FREE TO SWAP IN WORKOUTS FROM LATER IN THE SERIES. EX: INSTEAD OF DOING SIGNATURE 1 ON DAY 1, DO SIGNATURE 4.

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"/> LEGS 1	05 <input type="checkbox"/> CORE 1	06 <input type="checkbox"/> BOOTY 1	07 <input type="checkbox"/> FLEXIBILITY & BALANCE 1	
08 <input type="checkbox"/> CARDIO 2	09 <input type="checkbox"/> XTEND SIGNATURE 2	10 <input type="checkbox"/> CORE 1	11 <input type="checkbox"/> SCULPT & DEFINE 1	12 <input type="checkbox"/> XTEND SIGNATURE 1	13 <input type="checkbox"/> BALLET SCULPT 1	14 <input type="checkbox"/> FLEXIBILITY & BALANCE 1	
15 <input type="checkbox"/> LEGS 2	16 <input type="checkbox"/> CORE 2	17 <input type="checkbox"/> XTEND SIGNATURE 2	18 <input type="checkbox"/> CARDIO 1	19 <input type="checkbox"/> BOOTY 1	20 <input type="checkbox"/> XTEND SIGNATURE 3	21 <input type="checkbox"/> FLEXIBILITY & BALANCE 1	
22 <input type="checkbox"/> BALLET SCULPT 1	23 <input type="checkbox"/> SCULPT & DEFINE 1	24 <input type="checkbox"/> CORE 1	25 <input type="checkbox"/> LEGS 1	26 <input type="checkbox"/> CARDIO 2	27 <input type="checkbox"/> XTEND SIGNATURE 3	28 <input type="checkbox"/> FLEXIBILITY & BALANCE 1	
29 <input type="checkbox"/> BOOTY 2	30 <input type="checkbox"/> BALLET SCULPT 2	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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