

WELCOME TO THE BARRE! WE ARE SO EXCITED YOU DECIDED TO JOIN ANDREA ON THIS JOURNEY. THIS 7-DAY ON-RAMP PROGRAM WILL HELP YOU FAMILIARIZE YOURSELF WITH EACH EXERCISE, AND PREPARE YOUR MUSCLES FOR THE NEXT 30 DAYS. ARE YOU READY? LET'S DO IT!

01 <input type="checkbox"/>	02 <input type="checkbox"/>	03 <input type="checkbox"/>	04 <input type="checkbox"/>	05 <input type="checkbox"/>	06 <input type="checkbox"/>	07 <input type="checkbox"/>
BARRE BASICS	XTEND SIGNATURE 1	FLEXIBILITY & BALANCE 1	XTEND PILATES 1	FLEXIBILITY & BALANCE 2	BALLET SCULPT 1	CARDIO 1

FOR A STRONG, LEAN BODY...HIT THE BARRE!