



30-DAY HYBRID CALENDAR

30-Day Xtend Barre™ (XB), XB Pilates® (XBP), & XB Stretch™ (XBS) Hybrid Calendar

<p>01 Cardio Fusion 1 (XBP)</p>	<p>02 Xtend Signature 1 (XB)</p>	<p>03 Abs & Booty 1 (XBP) Hips & Glutes (XBS)</p>	<p>04 Sculpt & Define 1 (XBP) Upper Body Mobility (XBS)</p>	<p>05 Legs 1 (XB)</p>	<p>06 Energize (XBS)</p>	<p>07 Hit The Mat 1 (XBP)</p>	
<p>08 Ballet Sculpt 1 (XB)</p>	<p>09 Booty 1 (XB) Lower Body Flexibility (XBS)</p>	<p>10 Sculpt & Define 1 (XB)</p>	<p>11 Xtend Signature 2 (XB) Total Body Flexibility (XBS)</p>	<p>12 Core 1 (XB)</p>	<p>13 Cardio Fusion 2 (XBP)</p>	<p>14 Signature Stretch (XBS)</p>	
<p>15 Xtend Signature 3 (XB)</p>	<p>16 Abs & Booty 2 (XBP) Lower Back (XBS)</p>	<p>17 Sculpt & Define 2 (XBP)</p>	<p>18 Xtend Signature 4 (XB) Total Body Flexibility (XBS)</p>	<p>19 Cardio 2 (XB)</p>	<p>20 Hit The Mat 2 (XBP)</p>	<p>21 Unwind (XBS)</p>	
<p>22 Sculpt & Define 2 (XB)</p>	<p>23 Legs 2 (XB) Hips & Glutes (XBS)</p>	<p>24 Core 2 (XB) Lower Back (XBS)</p>	<p>25 Xtend Signature 5 (XB)</p>	<p>26 Booty 2 (XB)</p>	<p>27 Mobility (XBS)</p>	<p>28 Flexibility & Balance 1 (XB)</p>	
<p>29 Sculpt & Define 3 (XBP)</p>	<p>30 Cardio Fusion 3 (XBP) Lower Body Flexibility (XBS)</p>	<p><u>XTEND THE CHALLENGE!</u></p> <p>These quick targeted stretches can be used in addition to any daily stretch. Use as needed to help relieve specific problem areas or to just take your daily routine a little further.</p>				<ul style="list-style-type: none"> • Hips & Glutes • Total Body Flexibility • Lower Body Flexibility • Lower Back • Upper Body Mobility 	

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

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