


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>					

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.

© 2022 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the Beachbody trademark, and all related designs, trademarks, copyrights, and other intellectual property. Xtend Barre and XB Pilates are trademarks of Xtend Holdings, LLC. All other trademarks are the property of their respective owners.