


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!				 BEACHBODY	