

# barlates advanced 30 day workout calendar

|   |   |  |  |  |  |   |
|---|---|--|--|--|--|---|
| 1<br><b><u>Quiet Quarantine Burn</u></b><br>(54 mins)<br><b><u>Target 10 Glutes</u></b><br>(11 mins)              | 2<br><b><u>Quiet Quarantine Cardio Sculpt</u></b><br>(39 mins)<br><b><u>Target 20 Core</u></b><br>(24 mins)         | 3<br><b><u>Quiet Quarantine Mat</u></b><br>(54 mins)<br><b><u>Target 10 Back</u></b><br>(12 mins)  | 4<br><b><u>Resistance Stretching Energize</u></b><br>(48 mins) | 5<br><b><u>Quiet Quarantine Barre</u></b><br>(46 mins)<br><b><u>Target 20 Inner Thighs</u></b><br>(24 mins)        | 6<br><b><u>Apartment Fever Up and Down</u></b><br>(40 mins)<br><b><u>Target 20 Back of Leg</u></b><br>(25 mins)  | 7<br><b>Active Rest day</b><br>Stretch<br>Light Cardio  |
| 8<br><b><u>Apartment Fever Cardio Sculpt</u></b><br>(35 mins)<br><b><u>Dynamic Flow Lengthen</u></b><br>(30 mins) | 9<br><b><u>Apartment Fever Combinations</u></b><br>(35 mins)<br><b><u>Dynamic Flow Active</u></b><br>(28 mins)      | 10<br><b><u>Apartment Fever Fusion</u></b><br>(31 mins)<br><b><u>Dynamic Flow Functional</u></b><br>(33 mins)  | 11<br><b><u>Resistance Stretching Active</u></b><br>(49 mins)  | 12<br><b><u>Shape Up Barre Box</u></b><br>(47 mins)<br><b><u>Target 20 Abs</u></b><br>(23 mins)                    | 13<br><b><u>Target 20 Barre</u></b><br>(23 mins)<br><b><u>Shape Up Mat</u></b><br>(51 mins)                      | 14<br><b>Active Rest day</b><br>Stretch<br>Light Cardio |
| 15<br><b><u>Shape Up Band</u></b><br>(49 mins)<br><b><u>Target 20 Thighs</u></b><br>(24 mins)                     | 16<br><b><u>Energy Flow Barre</u></b><br>(48 mins)<br><b><u>Target 20 Upper</u></b><br>(25 mins)                    | 17<br><b><u>Energy Flow Sculpt</u></b><br>(39 mins)<br><b><u>Target 20 Glutes</u></b><br>(26 mins)   | 18<br><b><u>Resistance Stretching Sculpt</u></b><br>(43 mins)  | 19<br><b><u>Energy Flow Functional</u></b><br>(38 mins)<br><b><u>Target 20 Outer Thighs</u></b><br>(25 mins)       | 20<br><b><u>Torch and Tone Weights</u></b><br>(57 mins)<br><b><u>Target 10 Abs</u></b><br>(12 mins)              | 21<br><b>Active Rest day</b><br>Stretch<br>Light Cardio |
| 22<br><b><u>Torch and Tone Cardio Sculpt</u></b><br>(62 mins)   | 23<br><b><u>Metabolic Training Functional</u></b><br>(55 mins)<br><b><u>Target 10 Outer Thighs</u></b><br>(12 mins) | 24<br><b><u>Metabolic Training Cardio Sculpt</u></b><br>(57 mins)<br><b><u>Target 10 Quads</u></b><br>(12 mins)  | 25<br><b><u>Resistance Stretching Dynamic</u></b><br>(39 mins) | 26<br><b><u>Metabolic Training Box Sculpt</u></b><br>(56 mins)<br><b><u>Target 10 Barre Lower</u></b><br>(11 mins) | 27<br><b><u>Metabolic Training Circuit</u></b><br>(55 mins)<br><b><u>Target 10 Standing Abs</u></b><br>(11 mins) | 28<br><b>Active Rest day</b><br>Stretch<br>Light Cardio |
| 29<br><b><u>Endurance 80 Body Burner</u></b><br>(36 mins)<br><b><u>Resistance Loop Butt</u></b> (32 mins)         | 30<br><b><u>Endurance 80 Full Body</u></b><br>(35 mins)<br><b><u>Dynamic Flow Sculpt</u></b> (25 mins)              | <b>instructions</b><br>This plan is designed as a guideline only. It is important to listen to your body. If you are too sore to do the next day's workouts then you can take extra rest days. If you don't have some of the equipment you can either improvise with what you have or switch it for another workout of roughly the same duration. When there are 2 workouts in a row you may want to skip the stretch at the end of the first workout and just stretch at the end. |  |  |  |   |

