

barlates beginners 30 day workout calendar

1 Gentle Home Workout Walking (27 mins)	2 Beginner Mat Abs (29 mins)	3 Gentle Home Workout Barre (29 mins)	4 Active Rest day Stretch Light Cardio	5 Beginner Mat Upper (29 mins)	6 Beginner Intervals Old School (20 mins)	7 Active Rest day Stretch Light Cardio
8 Gentle Home Workout Combinations (38 mins)	9 Fusion Flow Easy Cardio (24 mins)	10 Beginner Mat Glutes (28 mins)	11 Active Rest day Stretch Light Cardio	12 Beginner Mat Inner Thighs (27 mins)	13 Beginner Intervals Compound (21 mins)	14 Active Rest day Stretch Light Cardio
15 Gentle Home Workout Cardio Sculpt (40 mins)	16 Fusion Flow Mat (28 mins)	17 Beginner Intervals Ramp it Up (21 mins)	18 Active Rest day Stretch Light Cardio	19 Beginner Mat Outer Thighs (39 mins)	20 Pilates Beginners Total Mat (34 mins)	21 Active Rest day Stretch Light Cardio
22 Beginner Intervals Cardio Sculpt (21 mins)	23 Pilates Beginners Core & Glutes (38 mins)	24 Pilates Beginners Lower & Abs (31 mins)	25 Active Rest day Stretch Light Cardio	26 Fusion Flow Band (28 mins)	27 Warm and Stretch Standing (24 mins)	28 Active Rest day Stretch Light Cardio
29 Pilates Beginners Express Mat (31 mins)	30 Fusion Flow Dynamic (24 mins)	instructions 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 switch your rest days around or even 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. Depending on your fitness level and workout preference, you might want to add cardio or another toning workout which focuses on a different muscle group to increase the challenge.				

