

barlates mat workout 30 day workout calendar

1 Lazy Days Mat (26 mins) Target 15 Mat (17 mins)	2 Shape Up Mat (51 mins)	3 Quiet Quarantine Mat (54 mins)	4 Active Rest day Stretch Light Cardio	5 HIIT Mat Workout (27 mins) Target 15 Full Body (17 mins)	6 Fusion Flow Mat (28 mins) Target 15 Glutes (16 mins)	7 Active Rest day Stretch Light Cardio	
8 Body Weight Basics Mat Workout (32 mins) Target 15 Abs (17 mins)	9 Burn It Total Body (37 mins) Target 10 Quads (11 mins)	10 Express Mat Triceps and Back (22 mins) Target 20 Glutes (26 mins)	11 Active Rest day Stretch Light Cardio	12 Ankle Weight Front & Back of Thigh (41 mins) Target 10 Outer Thighs (11 mins)	13 Lower Body Mat Sculpt (39 mins) Garden Series Abs (12 mins)	14 Active Rest day Stretch Light Cardio	
15 Bums & Tums Sculpt (42 mins) Target 15 Ankle Weights (16 mins)	16 Burn It Glutes and Thighs (38 mins) Target 10 Abs (11 mins)	17 Target 20 Back of Leg (25 mins) Express Mat Inner Thighs (25 mins)	18 Active Rest day Stretch Light Cardio	19 Mat Workout Loop and Sculpt (39 mins) Express Mat Glute Bridge (12 mins)	20 Mat Workout Compound Moves (45 mins)	21 Active Rest day Stretch Light Cardio	
22 Mat Workout Ankle Weights (50 mins)	23 Target 20 Abs (23 mins) Express Mat Outer Thighs (23 mins)	24 Fit in 5 Inner Thighs (14 mins) Abs Loop Extreme (39 mins)	25 Active Rest day Stretch Light Cardio	26 Ankle Weight Abs (29 mins) Target 20 Thighs (24 mins)	27 Apartment Fever Fusion (31 mins) Weightless Arms (23 mins)	28 Active Rest day Stretch Light Cardio	
29 Express Mat Abs (15 mins) Resistance Loop Butt (32 mins)	30 Ankle Weight Inner Thighs (32 mins) Express Mat Lower Belly (16 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 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.					