



LIIFT MORE XTEND BARRE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
XTEND BARRE Signature 1	LIIFT MORE wk 6 Chest / Back	XTEND BARRE Cardio 1	LIIFT MORE wk 5 Legs	XTEND BARRE Signature 2	LIIFT MORE wk 5 Shoulders	XTEND BARRE Pilates 1
XTEND BARRE Signature 3	XTEND BARRE Cardio 2	LIIFT MORE wk 5 Chest / Back	XTEND BARRE Signature 4	LIIFT MORE wk 6 MORE Legs	LIIFT MORE wk 6 Shoulders	LIIFT MORE wk 5 Arms
XTEND BARRE Flexibility & Balance 1	LIIFT MORE wk 7 Chest / Back	XTEND BARRE Signature 5	LIIFT MORE wk 7 Legs	LIIFT MORE wk 7 Arms	XTEND BARRE Signature 6	LIIFT MORE WK 7 Shoulders
XTEND BARRE Core 2	XTEND BARRE Pilates 2	LIIFT MORE wk 8 Chest / Back	XTEND BARRE Signature 7	LIIFT MORE wk 8 Legs	LIIFT MORE wk 8 Shoulders	XTEND BARRE Pilates 3
XTEND BARRE Flexibility & Balance 2	LIIFT MORE wk 8 Arms					

This calendar has been created as a suggested workout schedule using various Beachbody On Demand (BOD) and BODi programming. This in no way represents Beachbody or the tested results that can be achieved using the Beachbody approved Workout Calendars and Nutrition Plans as written.