

# barre™

## BLEND

		MON	TUES	WED	THURS	FRI	SAT	SUN
	PREP WEEK				Review • Get Started Videos & Program Materials • Try Sample Workout	Try 20-min Classic Full Body Blend	Try 20-min Cardio Blend	Meal Prep
PHASE 1	WEEK 1	CLASSIC FULL BODY BLEND 1 BEFORE PHOTO/MEASURE	BOOTY BLEND 1	CARDIO BLEND 1	CORE BLEND 1	LEAN LEGS BLEND 1	REST & REPLENISH	REST & REPLENISH
	WEEK 2	CLASSIC FULL BODY BLEND 2	BOOTY BLEND 2	CARDIO BLEND 2	CORE BLEND 2	LEAN LEGS BLEND 2	REST & REPLENISH	REST & REPLENISH
PHASE 2	WEEK 3	CLASSIC FULL BODY BLEND 3	BOOTY BLEND 3	CARDIO BLEND 3	CORE BLEND 3	LEAN LEGS BLEND 3	REST & REPLENISH	REST & REPLENISH
	WEEK 4	CLASSIC FULL BODY BLEND 4	BOOTY BLEND 4	CARDIO BLEND 4	CORE BLEND 4	LEAN LEGS BLEND 4	REST & REPLENISH	REST & REPLENISH PHOTO/MEASURE
PHASE 3	WEEK 5	CLASSIC FULL BODY BLEND 5	BOOTY BLEND 5	CARDIO BLEND 5	CORE BLEND 5	LEAN LEGS BLEND 5	REST & REPLENISH	REST & REPLENISH
	WEEK 6	CLASSIC FULL BODY BLEND 6	BOOTY BLEND 6	CARDIO BLEND 6	CORE BLEND 6	LEAN LEGS BLEND 6	REST & REPLENISH	REST & REPLENISH
PHASE 4	WEEK 7	CLASSIC FULL BODY BLEND 7	BOOTY BLEND 7	CARDIO BLEND 7	CORE BLEND 7	LEAN LEGS BLEND 7	REST & REPLENISH	REST & REPLENISH
	WEEK 8	CLASSIC FULL BODY BLEND 8	BOOTY BLEND 8	CARDIO BLEND 8	CORE BLEND 8	LEAN LEGS BLEND 8	REST & REPLENISH	REST & REPLENISH AFTER PHOTO/MEASURE

Consult your physician and follow all safety instructions before beginning this exercise program and nutrition plan.

© 2019 Beachbody, LLC. All rights reserved. Beachbody, LLC is the owner of the Barre Blend, Shakeology, Beachbody Challenge, Beachbody, and Team Beachbody trademarks, and all related designs, trademarks, copyrights, and other intellectual property. All other trademarks are the property of their respective owners. Have questions? Contact your Coach for support or go to [BeachbodySupport.com](https://www.beachbody.com/support) for more information.