

LIIFT4/BARRE HYBRID

SUN MON TUE WED THU FRI SAT

WEEK 1

W1 Chest & Triceps + 10 Minute Barre Upper Body

W1 Back & Biceps + 10 Minute Barre Core

W1 Legs + 10 Minute Barre Booty

W1 Shoulders + 10 Minute Barre Cardio

W3 Barre Booty

WEEK 2

W1 Barre Lean Legs + 10 Minute Barre Booty

W2 Back & Biceps + 10 Minute Barre Core

W3 Legs + 10 Minute Barre Booty

W2 Shoulders + 10 Minute Barre Cardio

W3 Barre Full Body

WEEK 3

W3 Chest & Triceps + 10 Minute Barre Lower Body

W2 Back & Biceps + 10 Minute Upper Body

W5 Legs + 10 Minute Barre Booty

W3 Shoulders + 10 Minute Barre Core

W3 Barre Cardio + 10 Minute Barre Cardio

WEEK 4

W7 Legs

W4 Back & Biceps + 10 Minute Upper Body

W4 Barre Core + 10 Minute Booty

W4 Shoulders + 10 Minute Barre Core

W4 Barre Cardio + 10 Minute Upper Cardio

WEEK 5

W3 Chest & Triceps + 10 Minute Barre Lower Body

W5 Back & Biceps + 10 Minute Upper Body

W8 Legs

W5 Shoulders + 10 Minute Barre Core

W4 Barre Booty + 10 Minute Barre Booty

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“You wanna change your body, you gotta give it time to change.”

- NOTES:**
- You can choose any 10 minute enhancement (regular or pre/post natal) each day.
 - You may notice some Chest & Tricep workouts are gone. We felt like both muscle groups get hit well in Barre as well so we skipped a couple. Feel free to add them back in if you want.
 - Rest on the weekends, Energize & Recover, and a great diet will help your results!
 - This is NOT an official hybrid - Always consult your doctor before starting a workout routine.

JOEL FREEMAN

LIFT4/BARRE HYBRID

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WEEK 6

W4 Barre Full Body + 10 Minute Barre Lower Body

W2 Back & Biceps + 10 Minute Upper Body

W1 of 10 Rounds Lower Body + 10 Minute Cardio

W6 Shoulders + 10 Minute Barre Core

W4 Barre Lean Legs + 10 Minute Barre Booty

WEEK 7

W7 Chest and Back + 10 Minute Upper Body

W5 Full Body Barre + 10 Minute Lower Body

W2 of 10 Rounds Lower Body + 10 Minute Cardio

W7 Arms + 10 Minute Core

W5 Barre Booty + 10 Minute Barre Booty

WEEK 8

W8 Chest and Back + 10 Minute Upper Body

W6 Full Body Barre + 10 Minute Lower Body

W3 of 10 Rounds Lower Body + 10 Minute Cardio

W8 Arms + 10 Minute Lower Body

W5 Barre Lean Legs + 10 Minute Booty

HEALTHY BODY + BALANCED LIFE

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Nothing will work unless you do.

NOTES:

- You can choose any 10 minute enhancement (regular or pre/post natal) each day.
- Stay strong with your diet and supplements this month for better results!
- Don't be afraid to up your weights! Always track your weights & up them as you can.
- This is NOT an official hybrid - Always consult your doctor before starting a workout routine.

MAYA ANGELOU