

BarreAmped[®]

THE COMPLETE BOXED SET

28 DAY
WORKOUT PLAN
4 DAYS PER WEEK



FEATURING **Suzanne Bowen**

WEEK 1

USES BARREAMPED (BA) AND BARREAMPED STRETCH (S) DVDS

**Beginner - follow beginner and modify as I suggest

**Advanced - listen to your body and follow intermediate / advanced exerciser

MONDAY (BA): BarreAmped Warmup + Thigh and Seat + Stretch, 49m

TUESDAY (BA): BarreAmped Warmup + Mat + Light Weights + Stretch, 49m

WEDNESDAY: REST

THURSDAY (BA): BarreAmped Warmup + Thigh and Seat + Stretch, 49m

FRIDAY (BA): BarreAmped Warmup + Mat + Light Weights + Stretch, 41m

SATURDAY: REST

SUNDAY (S): Barre Power Stretch, 23m

WEEK 2

USES BOOTCAMP (BC) AND BARREAMPED STRETCH (S) DVDS

MONDAY (BC): Bootcamp Warmup + Arms + Core + Stretch, 42m

TUESDAY (BC): Bootcamp Warmup + Thigh + Seat + Stretch, 42m

WEDNESDAY (BC): Bootcamp Warmup + Arms + Core + Stretch, 42m

THURSDAY (BC): Bootcamp Warmup + Thigh + Seat + Stretch, 42m

FRIDAY: REST

SATURDAY (S): Relaxation Stretch, 13m

SUNDAY (S): *BONUS Relaxation Stretch, 13m (same as yesterday) OR REST

WEEK 3

USES CARDIO FAT BURN (C) AND BARREAMPED STRETCH (S) DVDS

MONDAY (C): Cardio Warmup + Extreme Cardio Fat Burn + Cool Down Stretch, 40m

TUESDAY: REST

WEDNESDAY (C): Cardio Warmup + Cardio Sculpt + Cool Down Stretch 31m

THURSDAY: REST

FRIDAY (C & S): Cardio Warmup + Cardio Core + BA Stretch Upper Body Stretch (**DVD Change), 31m

SATURDAY: REST

SUNDAY (S): Barre Power Stretch, 23m

WEEK 4

USES BARREAMPED (BA), BOOTCAMP (BC), CARDIO (C) AND BARREAMPED STRETCH (S) DVDS

MONDAY: REST (or walk, dance, bounce, move, or stretch)

TUESDAY (C): Extreme Cardio Fat Burn + Cool Down Stretch, 38m

WEDNESDAY: REST

THURSDAY (BA): BarreAmped Warmup + Thigh + Seat + Stretch, 49m

FRIDAY: REST

SATURDAY (BC): Bootcamp Warmup + Core + Arms + Stretch, 42m

SUNDAY (S): Barre Power Stretch + Relaxation Stretch, 36m