


BarreAmped[®]

THE COMPLETE BOXED SET

BOOT CAMP 4 WEEK PLAN

FEATURING **Suzanne Bowen**



NOTES

KEY FOR DVDS

BarreAmped (BA)
BarreAmped Bootcamp (BC)
BarreAmped Cardio Fat Burn (C)
BarreAmped Fire Extreme Sculpt (F)
BarreAmped Strengthen & Stretch (S)

**Beginner - follow beginner and modify as I suggest

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

This plan is on a 28 day rotation. On the off days light and uplifting cardio is encouraged as well as stretching. You can do simple stretches in front of the TV or follow a stretch from the BarreAmped Strengthen & Stretch DVD.

WEEK 1

MONDAY (Cardio): Warmup + Extreme Cardio Fat Burn, Stretch = 40m
TUESDAY: REST
WEDNESDAY (BC): Warmup + Seat Work + Thigh Work + Stretch = 45m
THURSDAY: REST
FRIDAY (BA): Warmup + Mat Work + Light Weights + Stretch = 40m
SATURDAY: REST
SUNDAY (S): Barre Power Stretch with Bonus Relaxation Stretch = 35m

WEEK 2

MONDAY: REST
TUESDAY (BC): Warmup + Arm Work + Seat Work = 30m
WEDNESDAY: REST
THURSDAY (BC): Warmup + Mat Work + Light Weight = 40m
FRIDAY: REST
SATURDAY (S): Lower Body Stretch + Upper Body Stretch = 30m
SUNDAY (S): OFF

WEEK 3

MONDAY (C): Warmup + Cardio Sculpt + Cardio Stretch = 30m

TUESDAY: REST

WEDNESDAY (F): Total Body Sculpt + Relax = 40m

THURSDAY: REST

FRIDAY (S): Advanced Active Stretch = 30m

SATURDAY: REST

SUNDAY (C): Warmup + Cardio Core + Cardio Sculpt + Stretch = 50m

WEEK 4

MONDAY: REST

TUESDAY (BA): Warmup + Thigh + Seat + Stretch = 40m

WEDNESDAY: REST

THURSDAY (F): Thigh & Seat + Sleek & Toned Shoulders + Relax Stretch = 40m

FRIDAY: REST

SATURDAY (S): Barre Power Stretch + Relax Stretch = 40m

SUNDAY: REST