

# MORE barre

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Rest Day	<i>Barre Blend</i> <b>Classic Full Body Blend 1</b>	<i>LIIFT MORE</i> <b>More Legs 5</b>	<i>LIIFT MORE</i> <b>Chest / Back 6</b>	<i>Barre Blend</i> <b>Booty Blend 1</b>	<i>LIIFT MORE</i> <b>Shoulders 2</b>	<i>Barre Blend</i> <b>Core Blend 1</b>
Rest Day	<i>LIIFT MORE</i> <b>Chest / Biceps 1</b>	<i>Barre Blend</i> <b>Lean Legs 1</b>	<i>LIIFT MORE</i> <b>Back / Triceps 1</b>	<i>LIIFT MORE</i> <b>Legs 6</b>	<i>Barre Blend</i> <b>Cardio Blend 1</b>	<i>Barre Blend</i> <b>Core Blend 2</b>
Rest Day	<i>Barre Blend</i> <b>Classic Full Body Blend 3</b>	<i>LIIFT MORE</i> <b>Legs 7</b>	<i>LIIFT MORE</i> <b>Chest / Back 5</b>	<i>Barre Blend</i> <b>Booty Blend 3</b>	<i>LIIFT MORE</i> <b>Shoulders 4</b>	<i>Barre Blend</i> <b>Core Blend 3</b>
Rest Day	<i>LIIFT MORE</i> <b>Chest / Biceps 3</b>	<i>Barre Blend</i> <b>Lean Legs 3</b>	<i>LIIFT MORE</i> <b>Back / Triceps 3</b>	<i>LIIFT MORE</i> <b>More Legs 6</b>	<i>Barre Blend</i> <b>Cardio Blend 3</b>	<i>Barre Blend</i> <b>Core Blend 4</b>
Rest Day	<i>LIIFT MORE</i> <b>Legs 5</b>	<i>LIIFT MORE</i> <b>Shoulders 5</b>	<i>Barre Blend</i> <b>Booty Blend 5</b>	<i>LIIFT MORE</i> <b>Chest / Back 7</b>	<i>Barre Blend</i> <b>Classic Full Body Blend 6</b>	<i>Barre Blend</i> <b>Core Blend 5</b>
Rest Day	<i>LIIFT MORE</i> <b>More Legs 8</b>	<i>Barre Blend</i> <b>Cardio Blend 5</b>	<i>LIIFT MORE</i> <b>Chest / Biceps 2</b>	<i>Barre Blend</i> <b>Lean Legs 6</b>	<i>LIIFT MORE</i> <b>Back / Triceps 2</b>	<i>Barre Blend</i> <b>Core Blend 6</b>
Rest Day	<i>LIIFT MORE</i> <b>More Legs 7</b>	<i>LIIFT MORE</i> <b>Chest / Back 8</b>	<i>Barre Blend</i> <b>Booty Blend 7</b>	<i>LIIFT MORE</i> <b>Shoulders 6</b>	<i>Barre Blend</i> <b>Classic Full Body Blend 8</b>	<i>Barre Blend</i> <b>Core Blend 7</b>
Rest Day	<i>LIIFT MORE</i> <b>Legs 8</b>	<i>Barre Blend</i> <b>Cardio Blend 7</b>	<i>LIIFT MORE</i> <b>Chest / Biceps 4</b>	<i>Barre Blend</i> <b>Lean Legs 8</b>	<i>LIIFT MORE</i> <b>Back / Triceps 4</b>	<i>Barre Blend</i> <b>Core Blend 8</b>

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