

WORKOUT TO CONQUER CANCER

PRESENTED BY



RESPECT YOUR UNIVERSE

CONQUER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WORKOUT TO CONQUER CANCER 28 DAY CHALLENGE					1 BARRE New Year New You (11 min)	2 ARMS Upper Body Workout (16 min)
3 CORE Standing Core Workout (8 min)	4 BOOTY Butt Lifting Workout (12 min)	5 STRETCH Stretch Recovery Workout (10 min)	6 ARMS Arms Workout (9 min)	7 BARRE Barre Workout (10 min)	8 BOOTY Power Butt Moves (9 min.)	9 CARDIO Cardio Workout (10 min)
10 REST DAY Choose your own active adventure!	11 TOTAL BODY Total Body Express (11 min)	12 TOTAL BODY Total Body Xpress (13 min)	13 TOTAL BODY Total Body Barre Xpress (12 min)	14 TOTAL BODY No Weights, No Worries (9 min)	15 STRETCH Barre Stretch (11 min)	16 ARMS Upper Body Bands Workout (12 min)
17 BARRE Barre Bands Workout (10 min)	18 CORE Core workout with Bands (9 min)	19 BOOTY Barre Bands Booty Workout (10 min)	20 REST DAY Choose your own active adventure!	21 CARDIO Barre Cardio - Low Impact (11 min)	22 CORE Mat Core Workout (11 min)	23 BOOTY Barre Booty Blaster (10 min)
24 HIIT HITT - Low Impact (14 min)	25 STRETCH Stretch Recovery Workout (10 min)	26 CARDIO Cardio Blast (12 min)	27 TOTAL BODY Barre Arms, Abs. & Booty (13 min)	28 BARRE Barre Workout (10 min)		