

# BarreAmped<sup>®</sup>

## BOUNCE



### 4 DAY WORKOUT SCHEDULE BEGINNER

FOLLOW SUZANNE

MON - THIGH + BOOTY + STRETCH (35M)

TUES - OFF

WED - ARMS & ABS + STRETCH (25M)

THUR - OFF

FRI - CARDIO BOUNCE + STRETCH (20M)

SAT - OFF

SUN - BOUNCE 5-10 MINUTES WITH YOUR  
FAVORITE MUSIC + STRETCH (10-20M)

### 4 DAY WORKOUT SCHEDULE ADVANCED

FOLLOW JESS

MON - THIGH + BOOTY + STRETCH (35M)

TUES - OFF

WED - CARDIO + TOTAL BODY + STRETCH  
(32M)

THUR - OFF

FRI - ARMS & ABS + TOTAL BODY +  
STRETCH (35M)

SAT - OFF

SUN - BOUNCE 10 MINUTES OF VARYING  
INTENSITIES / SPEEDS TO FAVORITE MUSIC  
+ STRETCH (20M)