

# BarreAmped<sup>®</sup>

## BOUNCE



### 5 DAY WORKOUT SCHEDULE BEGINNER

FOLLOW SUZANNE

MON - THIGH + STRETCH (20M)

TUES - BOOTY + STRETCH (20M)

WED - ARMS & ABS + STRETCH (25M)

THUR - CARDIO BOUNCE + STRETCH (20M)

FRI - ARMS & ABS + STRETCH (25M)

SAT - OFF

SUN - OFF

### 5 DAY WORKOUT SCHEDULE ADVANCED

FOLLOW JESS

MON - THIGH + STRETCH (20M)

TUES - BOOTY + STRETCH (20M)

WED - ARMS & ABS + STRETCH (25M)

THUR - CARDIO BOUNCE + STRETCH (20M)

FRI - OFF

SAT - CARDIO BOUNCE + TOTAL BODY  
BOUNCE + STRETCH (32)

SUN - OFF