

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 (BA): Warm Up + Seat Work + Stretch = 35m

TUESDAY (BA): Warm Up + Thigh Work + Stretch = 30m

WEDNESDAY (BA): Warm Up + Light Weight Work + Mat Work + Stretch = 41m

THURSDAY (BC): Warm Up + Seat Work + Stretch = 28m

FRIDAY (BC): Warm Up + Thigh Work + Light Weights + Stretch = 40m

SATURDAY (BC): Warm Up + Arm Work + Core Work + Stretch = 39m

SUNDAY (S): Barre Power Stretch = 23m

WEEK 2

MONDAY (C): Warm Up + Extreme Cardio Fatburn + Cool Down = 40m

TUESDAY (C): Warm Up + Cardio Core + Cool Down = 31m

WEDNESDAY (BA): Warm Up + Thigh + Seat + Stretch = 49m

THURSDAY (BA): Warm Up + Mat Work + Light Weight = 40m

FRIDAY (S): Advanced Active Stretch = 28m

SATURDAY (BC): (BC): Warm Up + Thigh Work + Seat Work + Stretch = 42m

SUNDAY (S): Lower Body Stretch + Upper Body Stretch = 32m

WEEK 3

MONDAY (BA): Warm Up + Thigh Work + Stretch = 30m

TUESDAY (BA): Warm Up + Seat Work + Stretch = 35m

WEDNESDAY (BA): Warm Up + Light Weight Work + Mat Work + Stretch = 41m

THURSDAY: REST (Walk, Bounce or Hike)

FRIDAY (C): Warm Up + Extreme Cardio Fat Burn + Stretch = 40m

SATURDAY (C): Cardio Core + Stretch = 29m

SUNDAY (S): Barre Power Stretch + Relaxation Stretch = 36m

WEEK 4

MONDAY (F): Sleek & Toned Shoulders + Abs Blast + Stretch = 36m

TUESDAY (F): Thigh & Seat + Stretch = 29m

WEDNESDAY (S): Lower Body Stretch + Upper Body Stretch = 32m

THURSDAY (F): Total Body Sculpt + Stretch = 40m

FRIDAY (S): Advanced Active Stretch = 28m

SATURDAY (BC): Warm Up + Seat Work + Core + Stretch = 45m

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