

WorkOut with Barreworks online. The definitive 10-week Programme!



Weeks 1-5, Establish your routine, building up slowly...

- Week 1 Beginner WorkOut/Plank Spotlight/StretchOut Express
- Week 2 30min Arms & Abs/Beginner WorkOut/Seated Thigh spotlight
- Week 3 StretchOut Express/30min Arms & Abs/Beginner WorkOut
- Week 4 Intermediate WorkOut/30min Thighs & Seat/C-curve Spotlight
- Week 5 Beginner WorkOut/Cardio Express/StretchOut Express



Drink plenty of water, eat well to aid muscle recovery and always ensure you complete a warm up and final stretch for each WorkOut. Use our Home WorkOut Accessory Pack (£25) to enhance your WorkOuts and enjoy even better results 🍷



Weeks 6-10, Using strength gains to build stamina & accelerate results...

Week 6 30min Arms & Abs/C-curve Spotlight/Plank Spotlight/Intermediate WorkOut

Week 7 StretchOut Express/Advanced WorkOut/Seated Thigh Spotlight/30min Seat & Thigh

Week 8 Cardio Express/Intermediate WorkOut/Advanced WorkOut

Week 9 Beginner WorkOut/Intermediate WorkOut/Advanced WorkOut

Week 10 Cardio Express/Advanced WorkOut/30min Arms & Abs/30min Seat & Thigh/Plank Spotlight

Remember, this is a guide only, intended to help you build up sensibly to a level of intense, yet manageable exercise. Alternative combinations are possible and we recommend using this programme alongside Studio classes. Enjoy!