

# exhale workout guide

## WEEKLY GOALS:

- 2 **Barre** classes
- 1 **Cardio** or **HIIT** class
- 1 **Yoga** class
- 1 (or more) **Recovery** days (ideas: Chill Yoga, massage, acupuncture, an Epsom salt bath)

## WEEK 1

- Barre       Barre       Cardio/HIIT       Yoga       Recovery

## WEEK 2

- Barre       Barre       Cardio/HIIT       Yoga       Recovery

## WEEK 3

- Barre       Barre       Cardio/HIIT       Yoga       Recovery

## WEEK 4

- Barre       Barre       Cardio/HIIT       Yoga       Recovery

## NOTES: