

Arms & Legs

BARRE CLASS #72

Time: 24 min.

**Props: Chair,
Light Hand Weight**

Total Body

BARRE CLASS #60

Time: 20 min.

**Props: Chair,
Light Weights**

WEEK TWO

Complete Seat

BARRE CLASS #44

Time: 25 min.

**Props: Circular
Resistance Band**

Total Body

BARRE CLASS #82

Time: 52 min.

**Props: Light - Med.
Resistance Band, Chair**