

60-Day XB Pilates™ (XBP) & Xtend Barre™ (XB) Hybrid Calendar

01 Cardio Fusion 1 (XBP)	02 Xtend Signature 1 (XB)	03 Abs & Booty 1 (XBP)	04 Sculpt & Define 1 (XBP)	05 Legs 1 (XB)	06 Cardio 1 (XB)	07 Hit The Mat 1 (XBP)
08 Ballet Sculpt 1 (XB)	09 Booty 1 (XB)	10 Sculpt & Define 1 (XB)	11 Xtend Signature 2 (XB)	12 Core 1 (XB)	13 Cardio Fusion 1 (XBP)	14 Flexibility & Balance 1 (XB)
15 Xtend Signature 3 (XB)	16 Abs & Booty 1 (XBP)	17 Sculpt & Define 1 (XBP)	18 Cardio 2 (XB)	19 Xtend Signature 4 (XB)	20 Hit The Mat 1 (XBP)	21 Abs & Booty 2 (XBP)
22 Sculpt & Define 2 (XB)	23 Legs 2 (XB)	24 Core 1 (XB)	25 Xtend Signature 5 (XB)	26 Booty 2 (XB)	27 Sculpt & Define 2 (XBP)	28 Flexibility & Balance 1 (XB)
29 Hit The Mat 2 (XBP)	30 Cardio Fusion 2 (XBP)	31 Xtend Signature 6 (XB)	32 Abs & Booty 2 (XBP)	33 Sculpt & Define 2 (XBP)	34 Legs 3 (XB)	35 Cardio 3 (XB)
36 Ballet Sculpt 2 (XB)	37 Hit The Mat 2 (XBP)	38 Booty 2 (XB)	39 Sculpt & Define 3 (XB)	40 Xtend Signature 7 (XB)	41 Core 2 (XB)	42 Cardio Fusion 2 (XBP)
43 Flexibility & Balance 2 (XB)	44 Abs & Booty 3 (XBP)	45 Sculpt & Define 3 (XBP)	46 Xtend Signature 8 (XB)	47 Cardio 3 (XB)	48 Hit The Mat 3 (XBP)	49 Abs & Booty 3 (XBP)
50 Sculpt & Define 3 (XB)	51 Cardio Fusion 3 (XBP)	52 Xtend Signature 9 (XB)	53 Legs 3 (XB)	54 Hit The Mat 3 (XBP)	55 Booty 3 (XB)	56 Flexibility & Balance 2 (XB)
57 Ballet Sculpt 2 (XB)	58 Cardio Fusion 3 (XBP)	59 Booty 3 (XB)	60 Sculpt & Define 3 (XBP)	Before starting round 2 we recommend adding a rest day or an active recovery day to get the most out of your next round.		