

SCHEDULE FOR MAX TONING



Saturday and Sunday we recommend either adding on a Pilates class, walk, or run! Stretching each day is beneficial too! Strong doesn't have to mean tight!

NOTES:

Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	BARRE	MAT PILATES	CARDIO BARRE	MAT PILATES	BARRE
<i>Week 2</i>	MAT PILATES	CARDIO BARRE	BARRE	CARDIO BARRE	MAT PILATES
<i>Week 3</i>	CARDIO BARRE	BARRE	CARDIO BARRE	BARRE	CARDIO BARRE
<i>Week 4</i>	MAT PILATES	BARRE	CARDIO BARRE	BARRE	MAT PILATES
<i>Week 5</i>	BARRE	MAT PILATES	CARDIO BARRE	MAT PILATES	BARRE
<i>Add On's</i>	STRETCH	STRETCH	STRETCH	STRETCH	STRETCH
<i>Notes</i>					