

Ballet Body™

LeahSaragoFitness.com

GET RESULTS WITH THE BALLET BODY SIGNATURE SERIES DVD WORKOUT GUIDE

<p>CHOOSE YOUR LEVEL AND PROGRESS EVERY FOUR WEEKS</p> <p>Recommended Cardio options are listed under the Q&A on leahsaragofitness.com</p>	<p>BEGINNER (UNTRAINED) Perform only 1/2 of the reps for all exercises in the DVD or take breaks as needed. Use all modifications. Progress to beginner/intermediate.</p>	<p>BEGINNER/INTERMEDIATE Perform this sequence using modifications if needed for 4 weeks and progress to intermediate.</p>	<p>INTERMEDIATE Perform this sequence for 4 weeks and progress to advanced.</p>	<p>ADVANCED Perform this sequence for 4 weeks. For more Ballet Body workouts go to leahsaragofitness.com.</p>
Day 1	Ballet Body Signature Series: Lower Body	Ballet Body Signature Series: Lower Body	Ballet Body Signature Series: Lower Body	Ballet Body Signature Series: Lower + 30 min. Cardio
Day 2	Light Cardio (20-30 minutes)	Cardio; 30-40 minutes	Ballet Body Signature Series: Core + Cardio 30-45 minutes	Ballet Body Signature Series: Core + Ballet Body Signature Series: Upper Body
Day 3	Ballet Body Signature Series: Core	Ballet Body Signature Series: Core	Ballet Body Signature Series: Upper Body + 30-45 min. Cardio	Ballet Body Signature Series: Lower +30 min. Cardio
Day 4	REST	Cardio: 30-40 minutes	REST	REST
Day 5	Ballet Body Signature Series: Upper Body	Ballet Body Signature Series: Upper Body	Ballet Body Signature Series: Lower Body	Ballet Body Signature Series: Core + Ballet Body Signature Series: Upper Body
Day 6	Light Cardio (20-30 minutes)	Cardio: 30-40 minutes	Ballet Body Signature Series: Core + Cardio 30-45 minutes	Ballet Body Signature Series: Lower + 30 min. Cardio
Day 7	Rest or yoga (stretch)	REST	Ballet Body Signature Series: Upper Body	Ballet Body Signature Series: Core + Ballet Body Signature Series: Upper Body