

RUN, BARRE & CHELENE EXTREME

VISUALIZE WHO YOU WANT TO BE
THEN START SHOWING UP AS HER EVERY SINGLE DAY!

SUN	MON	TUE	WED	THU	FRI	SAT
Off Running + Barre	Easy Run + Chalene Extreme	Quality/Hard Run + Barre or 10 min Barre	Off Running + Chalene Extrem + 10 min Barre	Easy Run + Barre	Off or Easy Run + Chalene Extreme	Long Run
Off Running + Barre	Easy Run + Chalene Extreme	Quality/Hard Run + Barre or 10 min Barre	Off Running + Chalene Extrem + 10 min Barre	Easy Run + Barre	Off or Easy Run + Chalene Extreme	Long Run
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