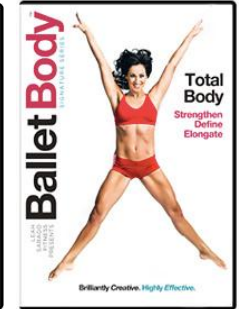
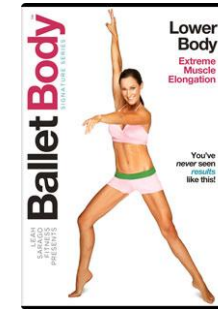


# Ballet Body™

LeahSaragoFitness.com



## GET RESULTS WITH THE BALLET BODY® SIGNATURE SERIES DVD WORKOUT GUIDE

CHOOSE YOUR LEVEL AND PROGRESS EVERY FOUR WEEKS  Cardio recommendations are listed under the Q&A <a href="http://leahsaragofitness.com">leahsaragofitness.com</a>	PHASE I  Perform this phase for 4 weeks (using modifications as needed), then advance to PHASE II.  ***If untrained, perform for 6 weeks before progressing***	PHASE II  Perform this phase for 4 weeks (using modifications as needed), then advance to PHASE III.	ACTIVE RECOVERY WEEK  no more than 3 days of light-moderate exercise	PHASE III  Perform this phase for 4 weeks, then advance to PHASE IV.	ACTIVE RECOVERY WEEK  no more than 3 days of light-moderate exercise	PHASE IV  Perform this phase for 4 weeks.  <b>For more Ballet Body workouts visit <a href="http://leahsaragofitness.com">leahsaragofitness.com</a></b>
Day 1	Ballet Body Signature Series: Total Body	Ballet Body Signature Series: Lower Body		Ballet Body Signature Series: Lower Body		Ballet Body Signature Series: Core + Cardio: 20 minutes
Day 2	Light Cardio: 20-30 minutes	Cardio: 20-30 minutes		Ballet Body Signature Series: Upper Body		Ballet Body Signature Series: Upper Body
Day 3	Ballet Body Signature Series: Total Body	Ballet Body Signature Series: Core		Ballet Body Signature Series: Core		Ballet Body Signature Series: Lower Body
Day 4	REST	Light Cardio: 20-30 minutes		Ballet Body Signature Series: Total Body		Ballet Body Signature Series: Core + Cardio: 20 minutes
Day 5	Ballet Body Signature Series: Total Body	Ballet Body Signature Series: Upper Body		Cardio: 45-60 minutes		Ballet Body Signature Series: Upper Body
Day 6	Light Cardio: 20-30 minutes	Cardio: 30-40 minutes		Ballet Body Signature Series: Total Body		Ballet Body Signature Series: Lower Body
Day 7	REST	REST		REST		REST