



BalletBody Training System I: 24 Week Periodized Workout Program

Version 3, 5/1/18

Ballet Body Training System I

Basic Conditioning I	Week 1	Week 2	Week 3	Week 4 (Recovery)
Day 1: Total Body Time: 49 minutes	<ul style="list-style-type: none"> • Basic Series I: Upper Body • Basic Series I: Plie-Parallel • Basic Series I: Fold-Over • Basic Series I: Core 	<ul style="list-style-type: none"> • Basic Series I: Upper Body • Basic Series I: Plie-Parallel • Basic Series I: Fold-Over • Basic Series I: Core 	<ul style="list-style-type: none"> • Basic Series I: Upper Body • Basic Series I: Plie-Parallel • Basic Series I: Fold-Over • Basic Series I: Core 	<ul style="list-style-type: none"> • Basic Series I: Upper Body • Basic Series I: Plie-Parallel • Basic Series I: Fold-Over • Basic Series I: Core
Day 3: Total Body Time: 44 minutes	<ul style="list-style-type: none"> • Circular Movement: Upper Body I • Plie-Lunge I • Side Lunges & Plies I • Abs: Stretch & Reach I 	<ul style="list-style-type: none"> • Circular Movement: Upper Body I • Plie-Lunge I • Side Lunges & Plies I • Abs: Stretch & Reach I 	<ul style="list-style-type: none"> • Circular Movement: Upper Body I • Plie-Lunge I • Side Lunges & Plies I • Abs: Stretch & Reach I 	Stretching on the Water or yoga
Day 5: Total Body Time: 66 minutes	<ul style="list-style-type: none"> • Long Lean Arms I • Plie-Parallel I • Anatomy Focus: Glutes I • Anatomical Focus: Back Strengthening I 	<ul style="list-style-type: none"> • Long Lean Arms I • Plie-Parallel I • Anatomy Focus: Glutes I • Anatomical Focus: Back Strengthening I 	<ul style="list-style-type: none"> • Long Lean Arms I • Plie-Parallel I • Anatomy Focus: Glutes I • Anatomical Focus: Back Strengthening I 	<ul style="list-style-type: none"> • Basic Series I: Upper Body • Basic Series I: Plie-Parallel • Basic Series I: Fold-Over • Basic Series I: Core (49 minutes)

Ballet Body Training System I

[®]
Ballet Body

Basic Conditioning II	Week 5	Week 6	Week 7	Week 8 (Recovery)
Day 1: Total Body Time: 58 minutes	<ul style="list-style-type: none"> • Fast/Slow Upper Body I • Yoga Fusion Flow I: Lower Body • Plie-Lunge II • Abs: At the Wall I 	<ul style="list-style-type: none"> • Fast/Slow Upper Body I • Yoga Fusion Flow I: Lower Body • Plie-Lunge II • Abs: At the Wall I 	<ul style="list-style-type: none"> • Fast/Slow Upper Body I • Yoga Fusion Flow I: Lower Body • Plie-Lunge II • Abs: At the Wall I 	<ul style="list-style-type: none"> • Basic Series I: Upper Body • Basic Series I: Plie-Parallel • Basic Series I: Fold-Over • Basic Series I: Core
Day 3: Total Body Time: 55 minutes	<ul style="list-style-type: none"> • Basic Series II: Upper Body • Basic Series II: Plie-Parallel • Basic Series II: Fold-Over • Basic Series II: Abs/Core 	<ul style="list-style-type: none"> • Basic Series II: Upper Body • Basic Series II: Plie-Parallel • Basic Series II: Fold-Over • Basic Series II: Abs/Core 	<ul style="list-style-type: none"> • Basic Series II: Upper Body • Basic Series II: Plie-Parallel • Basic Series II: Fold-Over • Basic Series II: Abs/Core 	Stretching for hips/hamstring segment or yoga class/DVD
Day 5: Total Body Time: 65 minutes	<ul style="list-style-type: none"> • Variations in Downward Facing Dog • Back of the Arm: Triceps Part I • Circle the Hips • Back of the Legs I • Abs: Standing I 	<ul style="list-style-type: none"> • Variations in Downward Facing Dog • Back of the Arm: Triceps Part I • Circle the Hips • Back of the Legs I • Abs: Standing I 	<ul style="list-style-type: none"> • Variations in Downward Facing Dog • Back of the Arm: Triceps Part I • Circle the Hips • Back of the Legs I • Abs: Standing I 	<ul style="list-style-type: none"> • Basic Series I: Upper Body • Basic Series I: Plie-Parallel • Basic Series I: Fold-Over • Basic Series I: Core

Ballet Body Training System I

General Strength I	Week 9	Week 10	Week 11	Week 12 (Recovery)
Day 1: Total Body Time: 60 minutes	<ul style="list-style-type: none"> • Round Back Plank • Cardio Arms I • Accent de Trois I • Leg & Hip Isolations I • Glutes on the Mat I 	<ul style="list-style-type: none"> • Round Back Plank • Cardio Arms I • Accent de Trois I • Leg & Hip Isolations I • Glutes on the Mat I • 	<ul style="list-style-type: none"> • Round Back Plank • Cardio Arms I • Accent de Trois I • Leg & Hip Isolations I • Glutes on the Mat I 	<ul style="list-style-type: none"> • Basic Series II: Upper Body • Basic Series II: Plie-Parallel • Basic Series II: Fold-Over • Basic Series II: Core • Bridge Sequence I
Day 3: Lower & Core Time: 67 minutes	<ul style="list-style-type: none"> • Plie-Parallel II • Foldover I • Bridge on the Wall I • Variations in Half Roll down 	<ul style="list-style-type: none"> • Plie-Parallel II • Foldover I • Bridge on the Wall I • Variations in Half Roll down 	<ul style="list-style-type: none"> • Plie-Parallel II • Foldover I • Bridge on the Wall I • Variations in Half Roll down 	Yoga class/DVD or stretch
Day 5: Upper & Core Time: 68 minutes	<ul style="list-style-type: none"> • Mat Work on the Water: Tricep/Shoulder Focus • Long and Lean Arms II • Dancing Side Plank I • Ab Tightener I 	<ul style="list-style-type: none"> • Mat Work on the Water: Tricep/Shoulder Focus Long and Lean Arms II • Dancing Side Plank I • Ab Tightener I 	<ul style="list-style-type: none"> • Mat Work on the Water: Tricep/Shoulder Focus • Long and Lean Arms II • Dancing Side Plank I • Ab Tightener I 	<ul style="list-style-type: none"> • Basic Series II: Upper Body • Basic Series II: Plie-Parallel • Basic Series II: Fold-Over • Basic Series II: Core • Bridge Sequence I

Ballet Body Training System I

[®]
Ballet Body

General Strength II	Week 13	Week 14	Week 15	Week 16 (Recovery)
Day 1: Total Body Time: 72 minutes	<ul style="list-style-type: none"> • Upper Body Mat & Weights I • Yoga Fusion Flow II: Lower Body • Side Lunges & Plies I • Abs: Fast/Slow I 	<ul style="list-style-type: none"> • Upper Body Mat & Weights I • Yoga Fusion Flow II: Lower Body • Side Lunges & Plies I • Abs: Fast/Slow I 	<ul style="list-style-type: none"> • Upper Body Mat & Weights I • Yoga Fusion Flow II: Lower Body • Side Lunges & Plies I • Abs: Fast/Slow I 	<ul style="list-style-type: none"> • Variations in Pretzel I
Day 3: Lower & Core Time: 73 minutes	<ul style="list-style-type: none"> • Accent de Trois II • Variations in Ballet Chair, Plies & Leg Extensions • Lunges in Turn Out • Abs: Standing II 	<ul style="list-style-type: none"> • Accent de Trois II • Variations in Ballet Chair, Plies & Leg Extensions • Lunges in Turn Out • Abs: Standing II 	<ul style="list-style-type: none"> • Accent de Trois II • Variations in Ballet Chair, Plies & Leg Extensions • Lunges in Turn Out • Abs: Standing II 	Yoga class/DVD or stretching
Day 5: Upper & Core Time: 64 minutes	<ul style="list-style-type: none"> • Side Planks I • Cardio Arms II • Tricep/Bicep Resistance Band Workout • Abs: At the Wall II 	<ul style="list-style-type: none"> • Side Planks I • Cardio Arms II • Tricep/Bicep Resistance Band Workout • Abs: At the Wall II 	<ul style="list-style-type: none"> • Side Planks I • Cardio Arms II • Tricep/Bicep Resistance Band Workout • Abs: At the Wall II 	<ul style="list-style-type: none"> • Basic Series II: Upper Body • Basic Series II: Plie-Parallel • Basic Series II: Fold-Over • Basic Series II: Core • Bridge Sequence I

Ballet Body Training System I

[®]
Ballet Body

Ballet Body I	Week 17	Week 18	Week 19	Week 20 (Recovery)
Day 1: Thigh Focus (Time: 72 minutes)	<ul style="list-style-type: none"> • Circle the Hips II • Sitbacks & Tucks • Side Lunges & Plies II • Rond de Jambe Inspired Series I 	<ul style="list-style-type: none"> • Circle the Hips II • Sitbacks & Tucks • Side Lunges & Plies II • Rond de Jambe Inspired Series I 	<ul style="list-style-type: none"> • Circle the Hips II • Sitbacks & Tucks • Side Lunges & Plies II • Rond de Jambe Inspired Series I 	Yoga class/DVD
Day 2: Tricep/ Upper Body/Core Focus (Time: 65 minutes)	<ul style="list-style-type: none"> • Fast & Slow Upper Body I • Mat Work on the Water: Tricep/Shoulder Focus • Chest & Core • Variations in Half Roll Down 	<ul style="list-style-type: none"> • Fast & Slow Upper Body I • Mat Work on the Water: Tricep/Shoulder Focus • Chest & Core • Variations in Half Roll Down 	<ul style="list-style-type: none"> • Fast & Slow Upper Body I • Mat Work on the Water: Tricep/Shoulder Focus • Chest & Core • Variations in Half Roll Down 	<ul style="list-style-type: none"> • Circular Movement: Upper Body I • Accent de Trois I • Ab Tightener I
Day 3: Glute Focus (Time: 72 minutes)	<ul style="list-style-type: none"> • Foldover I • Lunges in Parallel • Variations in Pretzel II • Bridge Sequence II 	<ul style="list-style-type: none"> • Foldover I • Lunges in Parallel • Variations in Pretzel II • Bridge Sequence II 	<ul style="list-style-type: none"> • Foldover I • Lunges in Parallel • Variations in Pretzel II • Bridge Sequence II 	Yoga class/DVD
Day 4: Shoulder/ Upper Body/Core Focus (Time: 60 minutes)	<ul style="list-style-type: none"> • Side Planks I • Plank with Leg Isolations I • Shoulder Scoop I • Abs: Oblique Focus • Abs: Circle Arms 	<ul style="list-style-type: none"> • Side Planks I • Plank with Leg Isolations I • Shoulder Scoop I • Abs: Oblique Focus • Abs: Circle Arms 	<ul style="list-style-type: none"> • Side Planks I • Plank with Leg Isolations I • Shoulder Scoop I • Abs: Oblique Focus • Abs: Circle Arms 	<ul style="list-style-type: none"> • Circular Movement: Upper Body I • Accent de Trois I • Ab Tightener I

Ballet Body Training System I

[®]
BalletBody

Ballet Body Training II	Week 21	Week 22	Week 23	Week 24 (Recovery)
Day 1: Thigh Focus (70 minutes)	<ul style="list-style-type: none"> • High/Low Levels at the barre • Plyometrics & Isometrics I • Leg Hip Isolations II • Kneeling Thigh Work 	<ul style="list-style-type: none"> • High/Low Levels at the barre • Plyometrics & Isometrics I • Leg Hip Isolations II • Kneeling Thigh Work 	<ul style="list-style-type: none"> • High/Low Levels at the barre • Plyometrics & Isometrics I • Leg Hip Isolations II • Kneeling Thigh Work 	Yoga class/DVD
Day 2: Tricep/Upper Body/Core Focus (75 minutes)	<ul style="list-style-type: none"> • Yoga Fusion Flow III: Upper Body & Core I • Back of the Arm: Triceps Part I • Long & Lean Arms II • Dancing Abs I 	<ul style="list-style-type: none"> • Yoga Fusion Flow III: Upper Body & Core I • Back of the Arm: Triceps Part I • Long & Lean Arms II • Dancing Abs I 	<ul style="list-style-type: none"> • Yoga Fusion Flow III: Upper Body & Core I • Back of the Arm: Triceps Part I • Long & Lean Arms II • Dancing Abs I 	<ul style="list-style-type: none"> • Cardio Arms I • Plie-Parallel I • Abs: Standing II • Glute Work on the Mat I
Day 3: Glute Focus (70 minutes)	<ul style="list-style-type: none"> • Crossovers & Diagonal Foldovers • Foldovers: Inward-Facing • Back of the Legs II • Bridge on the Wall I 	<ul style="list-style-type: none"> • Crossovers & Diagonal Foldovers • Foldovers: Inward-Facing • Back of the Legs II • Bridge on the Wall I 	<ul style="list-style-type: none"> • Crossovers & Diagonal Foldovers • Foldovers: Inward-Facing • Back of the Legs II • Bridge on the Wall I 	Yoga class/DVD and/or stretch
Day 4: Shoulder/Upper Body/Core (Time: 69 minutes)	<ul style="list-style-type: none"> • Variations in Downward Facing Dog • Shoulder Scoop I • Dancing Side Plank I • Variations in Half Roll Down • Ab Tightener II: Pendulum Movement Focus II 	<ul style="list-style-type: none"> • Variations in Downward Facing Dog • Shoulder Scoop I • Dancing Side Plank I • Variations in Half Roll Down • Ab Tightener II: Pendulum Movement Focus II 	<ul style="list-style-type: none"> • Variations in Downward Facing Dog • Shoulder Scoop I • Dancing Side Plank I • Variations in Half Roll Down • Ab Tightener II: Pendulum Movement Focus II 	<ul style="list-style-type: none"> • Cardio Arms I • Plie-Parallel I • Abs: Standing II • Glute Work on the Mat I

BalletBody®

BBTS I WORKOUT INDEX

Number	Workout Title	Focus	Run Time	Release Date
B-01	Basic Series I: Plié & Parallel Thighs	Lower Body (Quadriceps)	10:05	September 2010 release
B-02	Basic Series I: Foldover Glutes	Lower Body (Glutes)	9:51	September 2010 Release
B-03	Basic Series I: Core	Core	13:28	September 2010 Release
B-04	Basic Series I: Upper Body	Upper Body (Mat)	15:33	September 2010 Release
B-05	Basic Series II: Foldover	Lower Body (Glutes)	11:33	August 2011 Release
B-06	Basic Series II: Plié & Parallel Thighs	Lower Body (Thigh)	12:55	August 2011 Release
B-07	Basic Series II: Core	Core	14:55	August 2011 Release
B-08	Basic Series II: Upper Body	Upper Body (Mat)	15:51	August 2011 Release
01	Plié-Parallel I	Lower Body (Quadriceps)	9:00	May 2010 Release
02	Anatomy Focus: Glutes I	Lower Body (Glutes)	12:40	May 2010 Release
03	Plié-Lunge I	Lower Body Combo	11:10	May 2010 Release
04	Circular Movement: Upper Body I	Upper Body (Weights and Mat)	11:45	May 2010 Release
05	Side Lunges and Pliés I	Lower Body Combo (Inner Thigh)	11:00	June 2010 Release
06	Side Planks I	Upper Body + Core	12:35	June 2010 Release
07	Yoga Fusion Flow I: Thighs & Glutes Standing	Lower Body Combo	16:30	June 2010 Release
08	Stretching on the Water	Stretching Total Body	14:00	June 2010 Release
09	Abs: Stretch & Reach I	Core	12:30	June 2010 Release
10	Foldover I	Lower Body (Glutes)	12:40	June 2010 Release
11	Back of the Legs I	Lower Body (Hamstrings)	13:35	July 2010 Release
12	Circle The Hips I	Lower Body (Quadriceps)	10:55	July 2010 Release
13	Variations in Downward Facing Dog	Upper Body (Mat)	11:25	July 2010 Release
14	Rock the Hips	Lower Body (Quadriceps)	10:40	July 2010 Release
15	Abs: At the Wall I	Core	11:20	August 2010 Release
16	Accent de Trois I	Lower Body Combo	17:15	August 2010 Release

17	Shoulder Scoop I	Upper Body (Weights)	11:10	August 2010 Release
18	Leg & Hip Isolations I	Lower Body (Quadriceps + Hips)	12:54	August 2010 Release
19	Matwork On the Water: Tricep/Shoulder Focus	Upper Body (Mat)	11:36	September 2010 Release
20	Abs: Oblique Focus	Core (Obliques)	14:25	September 2010 Release
21	Crossovers & Diagonal Foldovers	Lower Body Combo (Outer Hips/	18:57	September 2010 Release
22	Cardio Arms I	Upper Body (Weights and Cardio)	14:33	September 2010 Release
23	Back of the Legs II	Lower Body (Hamstrings)	19:23	October 2010 Release
24	Variations in Half Roll Down	Core	13:55	October 2010 Release
25	Athletic Yoga Stretching for Hips/Hamstrings	Stretching Lower Body	13:19	September 2010 Release
26	Lunges in Parallel	Lower Body Combo	18:01	October 2010 Release
27	Bridge on the Wall I	Lower Body	16:03	October 2010 Release
28	Back of the Arm: Triceps Part I	Upper Body (Mat)	13:24	October 2010 Release
29	Plyometrics + Isometrics I	Lower Body Combo	13:58	November 2010 Release
30	Standing Abs I	Core (Standing)	15:31	November 2010 Release
31	Accent de Trois II	Lower Body Combo	18:10	November 2010 Release
32	Variations in Pretzel I	Lower Body Combo (Glutes)	20:42	November 2010 Release
33	Fast & Slow Upper Body I	Upper Body (Mat)	14:48	December 2010 Release
34	Sitbacks & Tucks	Lower Body Combo	12:30	December 2010 Release
35	High/Low Levels at the Barre	Lower Body Combo	14:52	December 2010 Release
36	Plank with Leg Isolations I	Total Body	11:49	December 2010 Release
37	Variations in Ballet Chair, Pliés & Leg Extensions	Lower Body Combo	16:39	January 2011 Release
38	Abs: Fast & Slow I	Core	17:38	January 2011 Release
39	Weights & Cardio Knee Lifts	Upper Body (Weights + Cardio)	16:57	January 2011 Release
40	Bridge Sequence I	Lower Body (Glutes)	15:02	January 2011 Release
41	Side Lunges and Pliés II	Lower Body Combo (Inner Thigh)	18:54	February 2011 Release
42	Abs: At the Wall II	Core	22:32	February 2011 Release
43	Warm Up [Attached with Cardio Arms II]	Warm Up	6:43	February 2011 Release
44	Cardio Arms II	Upper Body (Weights + Cardio)	21:00	February 2011 Release
45	Plié-Parallel II	Lower Body Combo (Thigh)	24:34	February 2011 Release
46	Rond de Jambe-Inspired Series I	Lower Body (Quadriceps)	23:35	March 2011 Release
47	Round Back Plank	Upper Body +Core	15:04	March 2011 Release
48	Variations in Pretzel II	Lower Body (Glutes)	24:27	March 2011 Release
49	Standing Abs II	Core (Standing)	20:48	March 2011 Release
50	Long Lean Arms I	Upper Body (Weights)	21:01	April 2011 Release

51	Anatomical Focus: Back Strengthening I	Core (Back)	24:06	April 2011 Release
52	Leg & Hip Isolations II	Lower Body (Quadriceps/Hips)	17:12	April 2011 Release
53	Dancing Side Plank	Core	17:14	April 2011 Release
54	Lunges in Turn Out	Lower Body Combo	18:28	April 2011 Release
55	Chest + Core	Upper Body + Core (Weights)	25:04	May 2011 Release
56	Kneeling Thigh Work	Lower Body (Quadriceps)	24:11	May 2011 Release
57	Ab Tightener I	Core	16:21	May 2011 Release
58	Inward-Facing Foldovers	Lower Body (Glutes)	16:11	May 2011 Release
59	Long & Lean Arms II	Upper Body (Weights)	24:06	June 2011 Release
60	Circle the Hips II	Lower Body (Quadriceps)	18:25	June 2011 Release
61	Bridge Sequence II	Lower Body (Glutes)	15:34	June 2011 Release
62	Tricep/Bicep Resistance Band Workout	Upper Body (Resistance band)	21:23	June 2011 Release
63	Dancing Abs I	Core	27:15	July 2011 Release
64	Yoga Fusion Flow II-Lower Body	Lower Body Combo	20:55	July 2011 Release
65	Upper Body Mat + Weights	Upper Body + Core (Weights + M	23:02	July 2011 Release
66	Glute Work on the Mat I	Lower Body (Glutes)	16:15	July 2011 Release
67	Plié-Lunge II	Lower Body Combo	15:15	August 2011 Release
68	Yoga Fusion Flow III - Upper Body + Core I	Upper Body + Core	13:40	August 2011 Release
69	Ab Tightener II - Pendulum	Core	15:35	August 2011 Release
70	Abs: Circle Arms	Core	9:44	August 2011 Release

PROGRAM GUIDELINES: START HERE

BASE CONDITIONING: WEEKS 1-8

General Guidelines:

Days 1, 3, and 5 should have 48 hours in between to allow for proper recovery. For example, Day 1- Monday, Day 2- Wednesday, and Day 3-Friday.

Days 2, 4, 6, and 7: Cardio, stretching, or yoga can be performed on these off days (optional). Make sure to warm up before and stretch after workouts. One day of rest is required per week.

Recovery weeks are very important. It should consist of lighter workouts and make sure to stretch.

GENERAL STRENGTH: WEEKS 9-16

General Guidelines:

Days 1, 3, and 5 should have 48 hours in between to allow for proper recovery. For example, Day 1- Monday, Day 2- Wednesday, and Day 3-Friday.

Days 2, 4, 6, and 8: Cardio can be performed on these off days (optional). One day of rest is required per week. Make sure to warm up before and stretch after workouts.

BALLET BODY® CONDITIONING: WEEKS 17-24

General Guidelines:

For example: If Monday is Day 1, Tuesday is Day 2, rest on Wednesday, and finish Day 3 on Thursday; Day 4 on Friday. As long as there is 48 hours in between working the same muscle group, place your day of rest where you need it or where time is an issue. You can also complete four days in a row with three days off to perform cardio and yoga on these days (optional).

Cardio can be performed on these off days (optional). One day of rest is required per week. Day of rest can be between day two and day three. Make sure to warm up and stretch after workouts.

POST- BBTS I (4-6 WEEK TRAINING REST PERIOD)

Perform a different training modality following this 24 cycle for a minimum of 4-6 weeks to change the training stimuli. At this point, evaluate your current training goals and follow a strength or cardio program. Balance your training off-cycle with another modality (traditional weight training, boot camps, kickboxing, kettle bell program, cardio program, etc). Leah Sarago Fitness offers a metabolic resistance training (MRT) program. The MRT program is comprised of combination training utilizing supersets of weights and cardio intervals to maximize caloric burn and increase metabolic rate. This is a 4-6 week program that offers a different training stimulus that compliments the Ballet Body training programs and techniques. Iron Barre workouts can also be used during this time to achieve a different training stimulus.

After completing this system for 24 weeks and following a 4-6 week break, you can advance to Ballet Body® Periodization System II. This is a 4 month plan that begins at a more advanced level and intended for anyone who has completed BBPS I or at least three months of Ballet Body® workouts.

QUESTIONS & ANSWERS

Q & A: PERIODIZATION

What is periodization?

Periodization is a program design strategy to promote long-term training and performance improvements including variations in training specificity, intensity, and volume organized in planned periods or cycles within an overall program (Baechle, Thomas R., and Roger Earle. Essentials of Strength Training and Conditioning/National Strength and Conditioning. 2nd ed). Simply put, periodization is a long-term training program that utilizes physiological principles to maximize one's training efforts to avoid reaching plateaus or becoming over-trained. Essentially, working out without a periodized program is like building a house without the architectural drawings or blue prints. The Ballet Body Training Systems are designed specifically for the Ballet Body by Leah Sarago workouts to achieve guaranteed results through advancing cycles of structured training. This allows the body to adapt appropriately to the physiological stressors exerted on the muscles. Ballet Body has released over 150 segments and segment-specific training plans utilizing these workouts to guarantee optimal training results. This eliminates the guesswork on how to use the Ballet Body downloads, so you can confidently follow these systems and get

results. Of note, when the Ballet Body workouts were first released, they were not intended for a periodized plan. However, due to the high volume of workouts and varying intensities, I have methodically structured the segments into this plan to achieve optimal results.

What is the difference between Ballet Body® Training System I and Ballet Body Training System II?

If you have completed Ballet Body® Training System I (BBTS I) or three months of consistent training with Ballet Body® workouts, you are ready to progress to this more intense and challenging workout system- Ballet Body® Training System II (BBTS II). BBTS I begins with the basic series and BBTS II begins with more challenging segments. BBTS II should not be started until completing the 4-6 week break following BBTS I. BBTS II is a 4 month training program versus the 6 month training commitment with BBTS I. BBTS I and BBTS II are optimal training programs for muscle-elongation, body-slimming results.

What workouts do I need for Ballet Body® Training System I and II?

You will need the Ballet Body Training System I and II guide and Ballet Body workouts Basic Series I and II, Workouts 1-70 for BBTS I and workouts 71-118 for BBTS II. You can view the workout index in this guide.

In some of the workout segments, you recommend repeating the segment. Do I need to repeat a segment on the Ballet Body® Training Plan?

You should **NOT** repeat any segment unless the workout **guide** specifically states to repeat the same workout.

Why do you recommend 4-6 weeks training in an different modality after completing the 24 week periodization plan?

I recommend consistently training in the Ballet Body Training Systems; however, in between periodization cycles, it is important to train in different modalities to change the training stimulus. There are benefits you can receive from other training modalities that you cannot receive from Ballet Body. For example, traditional strength training offers increased strength gains and joint health unlike the benefits achieved from a body-weight resistance program. Leah Sarago Fitness now offers Iron Barre workouts which will increase strength, increased muscle mass gains, and compliment barre training for a more well balanced training regimen and improved results. Cardio kickboxing, kettlebells, cardiovascular training, bootcamps, and resistance training programs different than workouts similar to body weight training program like Ballet Body (ballet, dance, yoga, and pilates), will offer a different training stimulus to prevent plateauing while creating balance in your body and training regimen.

Is this plan for only beginners since it includes the Basics in week one?

Absolutely not. This plan was designed for individuals at any fitness level. Within the plan, there are options to modify and increase the challenge. The Basics direct the attention to form, which at any fitness level, continuous emphasis on form is paramount to achieving the full benefits from Ballet Body workouts.

This plan is really challenging for me and I can't complete the exercises in Base Conditioning at three weeks into the plan. Should I move on to the next phase?

Ballet Body workouts are more challenging than many barre programs, so it may take some time to progress and adapt to the workouts. Don't let this discourage you. If you find that you are modifying most of the exercises at week 3, or cannot fully perform the entire workout segment, it is best to add another week or two to the training phase. Progression to the next phase is best once you are ready for it, so take your time. It is better to stay at your current training phase and master it than rush to the next level and become susceptible to injury. You will still get great results slowing down the program to your individual pace.

How much cardio should I perform to get results?

Cardio is not the key component in this periodization system to get results. Aerobic activity is actually not necessary for fat loss. Its effects are very minimal on results. However, resistance training is essential to weight loss. Diet, cardio, and resistance training work great together, but with this system you will find there isn't very much time left over for cardio. Also, many of the Ballet Body workouts provide cardiovascular benefits because of the intensity of the program. You will find your heart rate will stay quite elevated throughout the entire workout segments as Leah does not give a rest period during many of her exercise sequences and segments for this reason (increase the energy expenditure/ calories burned and provide aerobic benefits).

What type of cardio should I perform?

My personal favorite aerobic activity is cardio dance or hiking, but it isn't for everyone; so find what you can enjoy the most. Aerobic activities include walking/hiking, jogging/running, cycling, rowing, swimming, and cardio movement type workouts.

Can I perform kettle bells, boot camp workouts, or kickboxing for cardio on off days during the periodization program?

Performing activities that elevate the heart rate offering cardiovascular benefits but are not actual cardiovascular activities such as walking, jogging, swimming, cycling, and dance are not recommended. Any highly repetitive training utilizing squats/lunges or lower body exercises to elevate the heart rate should be avoided for your supplementary training or off-days. It is imperative due to the intensity of the Ballet Body lower body workouts to allow for proper rest and full recovery. Also, highly repetitive squats and lunges shorten the muscle fibers which overdevelops the lateral portion of the quadriceps. This overdeveloped muscle could possibly contribute to the appearance of “bulky” thighs for some individuals. This type of training will interfere with the results achieved through the ballet body training program, which works to elongate and lengthen the thighs while achieving muscle definition and strength.

Can I take a yoga or pilates classes during this periodization plan?

Yes, yoga is wonderful for the body and I recommend taking yoga especially during recovery weeks. To implement power yoga classes into the Ballet Body Training Systems, place the more strenuous yoga classes on the same day as the Ballet Body workout days. This will allow for proper rest and recovery the following day. For example, perform the Ballet Body segments in the morning and take a yoga class in the evening. It is important to keep 48 hours of rest in between working the same muscle groups. In addition, place the more stretch-intensive/relaxation yoga classes on the off days. I recommend no more than two yoga classes per week during this plan to prevent overtraining. You do not need to take pilates classes in the program, however, if you would like to continue taking your favorite pilates class, I recommend taking no more than one pilates class on a Ballet Body workout day per week. Towards the end of the periodization cycle, one core workout is needed in addition to the four split workout days. This additional core workout can be replaced with a challenging pilates class.

How can I incorporate the Ballet Body DVDs into this system if every workout segment is pre-planned?

The Ballet Body Signature Series DVDs are utilized in BBTS II; however, if you really want to use the DVDs with BBTS I make sure to adhere to the following guidelines. You can incorporate the DVDs by replacing 2 workout days per week once you begin the Ballet Body Training Cycle phase at Week 17. The Ballet Body DVDs include three complete workouts for lower body, upper body and core. You do not need to add the Ballet Body DVDs into the system to get results, but if you would to add variety you can replace one upper body focus and one lower body focus day with either the Ballet Body Signature Series Upper Body DVD or the Lower Body DVD instead of performing the downloadable segments. This means only ONE lower body and ONE upper body day will change from the workout chart per week. Do not perform the DVDs more than once per week during this system. Also, for the lower body focus days make sure to alternate thigh and glute focus. For example, replace the thigh focus lower body day with the Lower Body DVD on week 17. Replace the glute lower body focus day with the lower body DVD on week 18. On week 19, replace the thigh focus lower body workout with the lower body DVD again. The same guideline applies to the upper body focus days but on these days you can also replace the core work with the Ballet Body Signature Series Core DVD. Alternate the shoulder and tricep focus for the upper body split days. Replace the tricep focus upper body workout with the Upper Body Workout DVD on week 17. Week 18 replace the shoulder focus upper body workout with the Upper Body workout DVD. You can repeat this pattern from Week 17 to the end of the BBTS I.

Should I skip the base conditioning to get faster results? I'm an advanced exerciser, can I skip the beginning portion of BBPS I?

Base conditioning is as important as the other two cycles. Skipping any part of the periodization system is detrimental to training and results and also negates the purpose of periodization in general. Periodization is based on two key physiological principles of adaptation and progression. It is important to adapt to the base conditioning before progressing to the next phase. Your body still needs to adapt to the base conditioning and the specific techniques inherent to Ballet Body, even if you are an advanced exerciser. In fact, advanced exercisers are surprised by the results they achieve in the base conditioning phase.

I don't want to commit to 24 weeks, is there anyway to shorten the cycle?

For beginners to Ballet Body, I highly recommend the 24 weeks to allow for proper adaptation and progression. If time is an issue, the cycle could be shortened into 2 week blocks with 1 week recovery. This would make each conditioning phase only 6 week versus 8 weeks shortening the overall program to 18 weeks. However, it is important to remember that the results will depend on the person and the effort put in. Finally, remember that results are maximized if the entire system is followed from beginning to end, regardless of prior experience with Ballet Body.

Is it important to follow the segments in order of the chart for total body workout days? Can I break up the segments to work with my schedule?

You can follow the BBTS chart with the order or choose either the upper or lower body first and keep the core work last on the total body workout days. The most important rule to follow if you are breaking up the segments in a given day is to keep all of the anatomically-focused segments together. For example, if you want to work out in the morning and the evening on a given day, perform the same muscle group segments in the morning and a different muscle group in the evening. Do not mix one upper body and one lower body segment in the morning and repeat the same in the evening. You want to exhaust the muscle group (lower body, upper body, or core), so perform all of the lower body segments together or all of the upper body segments together during the first workout session and choose the other muscle group for the evening session. The core segments should also be grouped together. You can add the core segments to the lower body or the upper body workout session, but the most challenging would be to add the core workouts to the upper body sessions since Ballet Body upper body mat work relies heavily on the stability of the core muscles.

Here is a break down of how you can break up the segments:

Option 1:

AM: lower body segments

PM: upper body segments + core

Option 2:

AM: upper body segments

PM: lower body segments + core

Option 3:

AM: upper body segments + core

PM: lower body segments

For more questions or comments please email info@leahsaragofitness.com