

Ballet Strength™ Presents:



**14 Day**

# Love Your Ballet Body Series

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SUNDAY FUNDAY	MOTIVATION MONDAY	TENDU TUESDAY	WORKOUT WEDNESDAY	THANKFUL THURSDAY	FOUETTE FRIDAY	SUPER SATURDAY
1 Love Your Ballet Body Series Launch!  “Hugs” Workout 3 sets of 15 reps of each exercise.	2 “Love Your Legs” Heart shaped bottom glutes workout. 3 sets of 20 reps.	3 “Heart Shape” foot & ankle workout 3 sets of 20 reps.	4 “Heart Flutter” core workout 3 sets of 20 reps.	5 “Heart Flow” stretching Perform the series 3 times with each leg.	6 “Practice Makes Perfect”	7 Saturday Circuit Perform each exercise from the week to make a circuit. Perform circuit 3 times!
8 “Heart Pump” Sunday Run-Day! Lace up those sneakers for a hike, bike, or jog.	9 “Love Your Core” Abdominal Conditioning 3 sets of 20.	10 “Heart Shape” (part 2) foot & ankle workout 3 sets of 20 reps.	11 “Heart Swings” full body kettlebell workout. 3 sets of 20 reps.	12 “Heart Flow” stretching	13 “Practice Makes Perfect”	14 Happy Valentine’s Day! Saturday Circuit - perform all exercises from the week 3x!