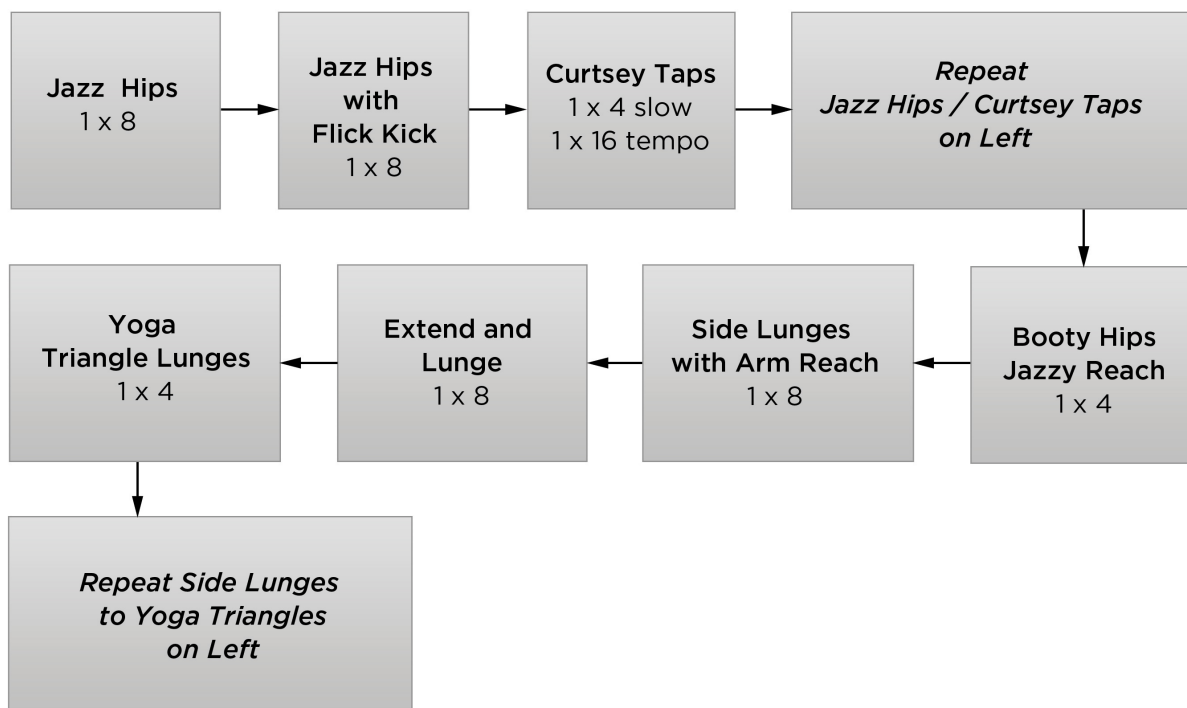


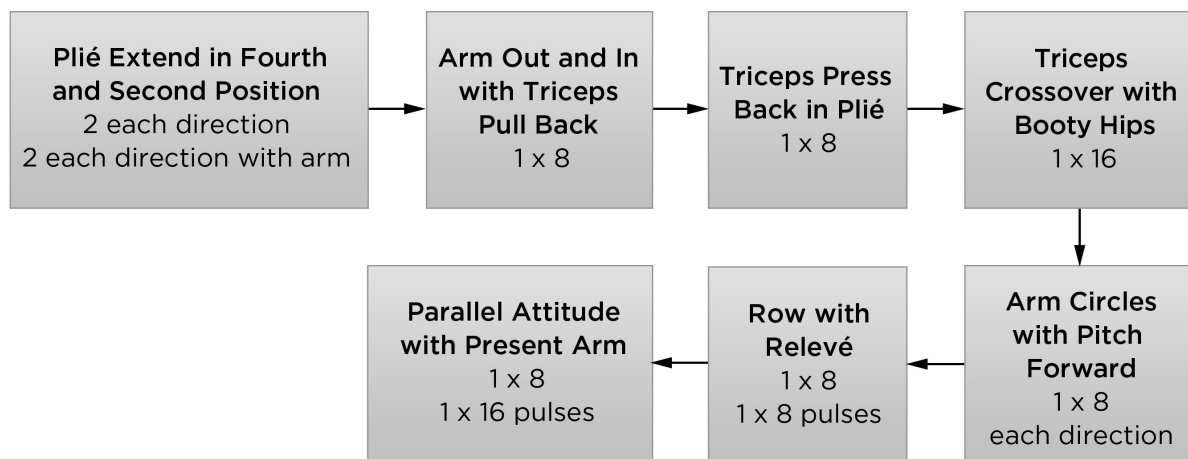
# bootybarre pro series 11 road map

## Pro Series 11 Warm-Up



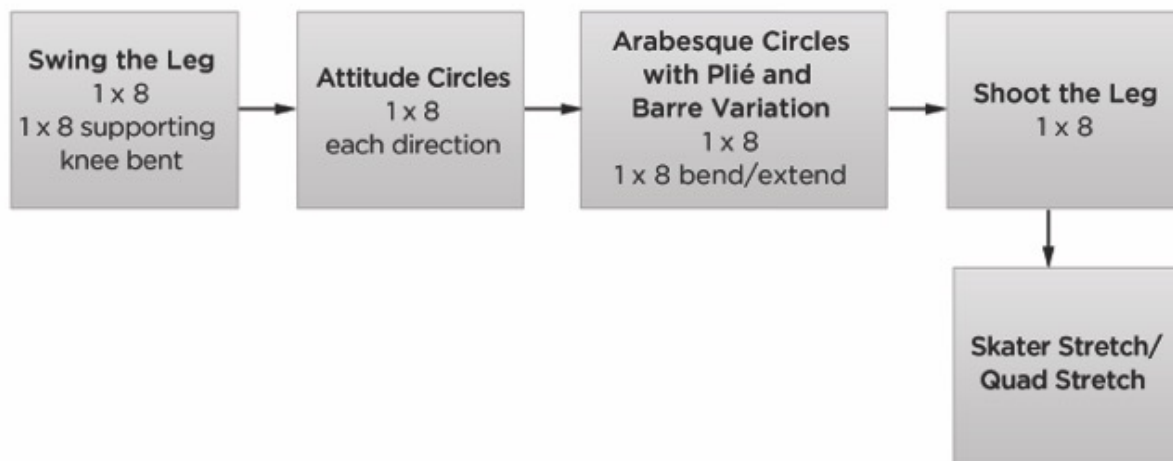
# bootybarre pro series 11 road map

## Pro Series 11 Isometric



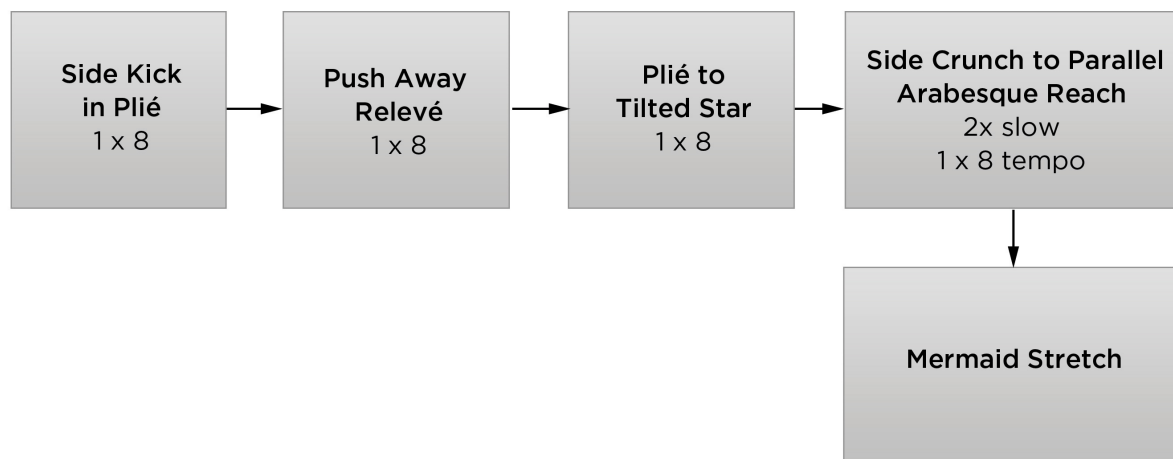
## bootybarre pro series 11 road map

### Pro Series 11 Flexibility



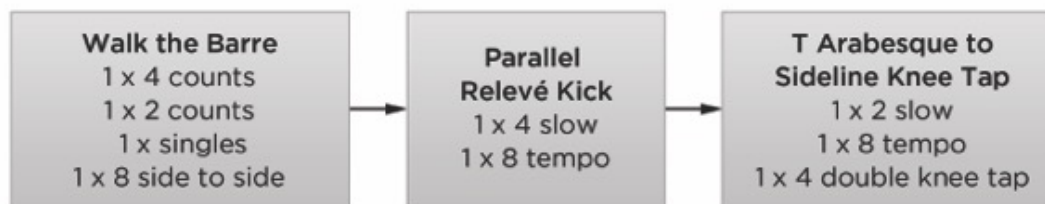
## bootybarre pro series 11 road map

### Pro Series 11 Side Line



## bootybarre pro series 11 road map

### Pro Series 11 Facing the Barre



# bootybarre pro series 11 road map

## Pro Series 11 **Cardio**

### **Obliques Knee Lunge Repeater**

1 x 4 slow

1 x 16 tempo

1 x 4 switch sides every 4