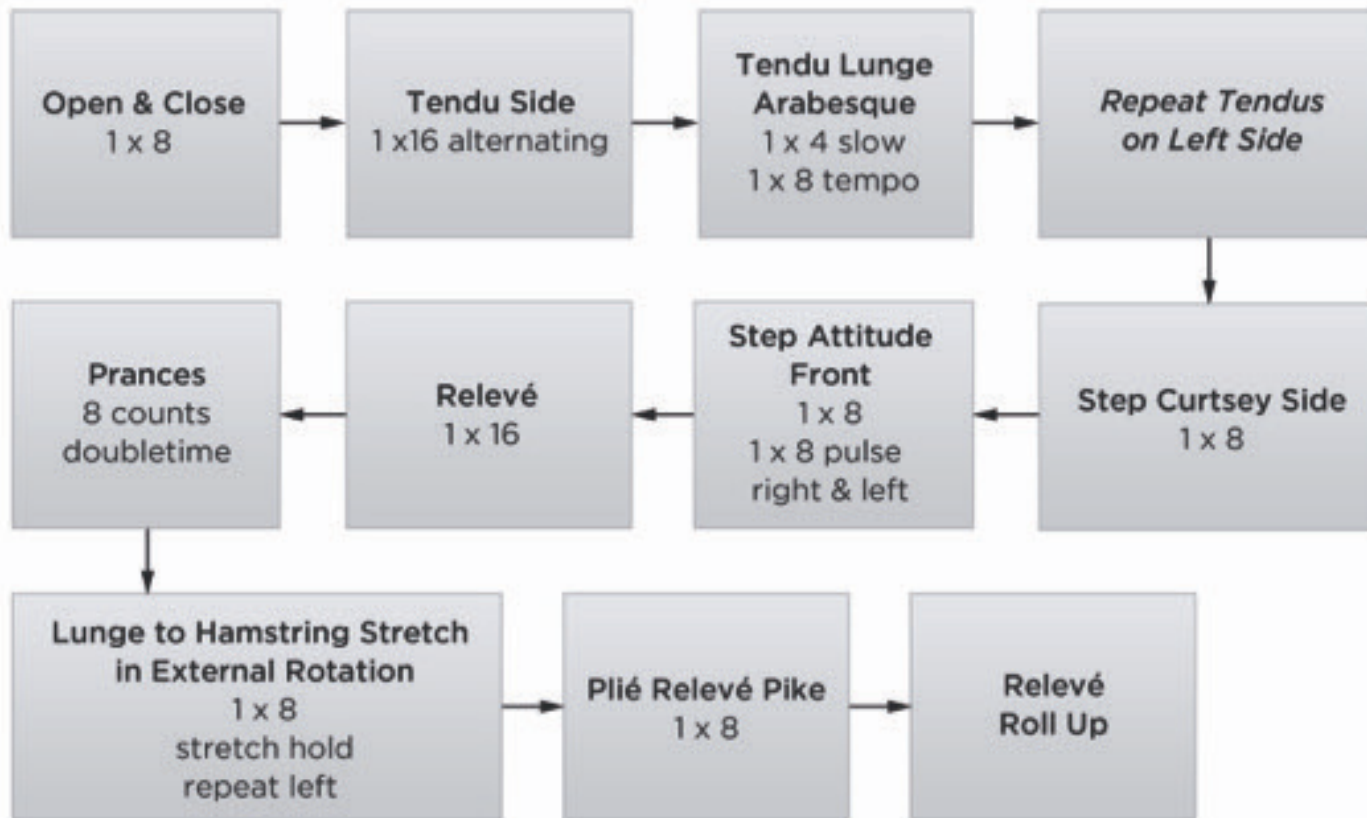


# bootybarre pro series 12 road map

## Pro Series 12 Warm-Up



# bootybarre pro series 12 road map

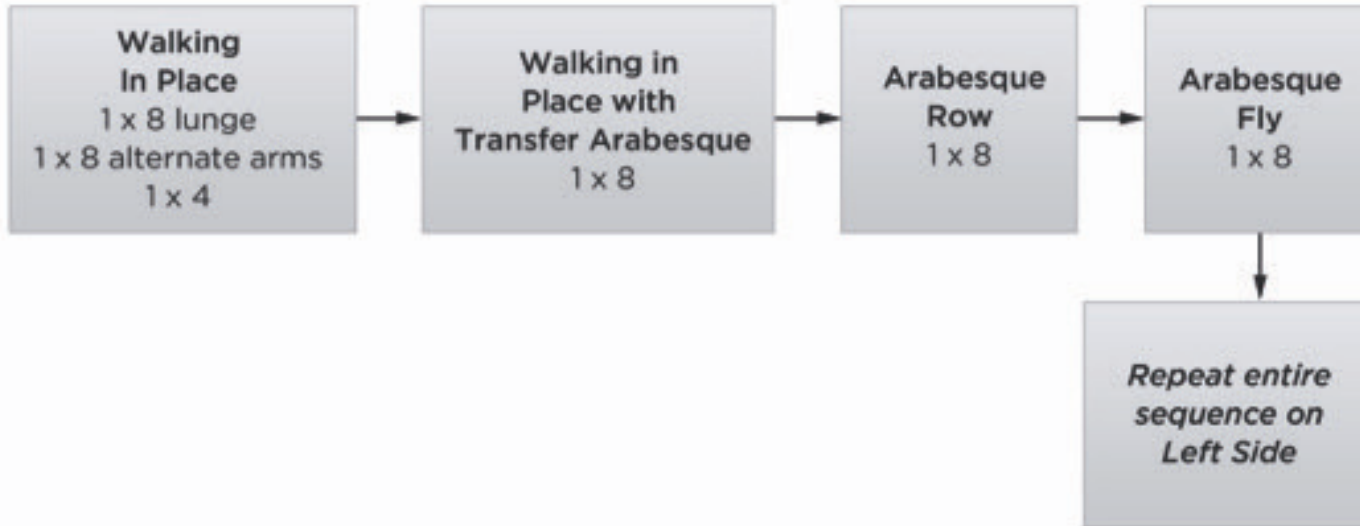
*Choose Arm Circuit 1 from a prior Pro Series.*

## Pro Series 12 Arm Circuit 2



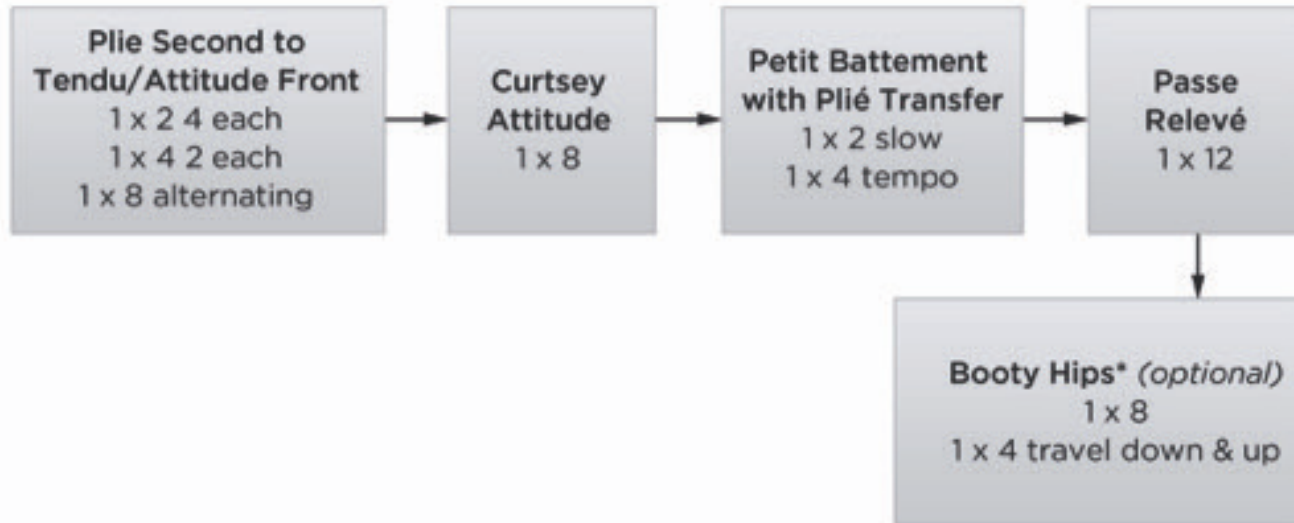
# bootybarre pro series 12 road map

## Pro Series 12 Arm Circuit 3



# bootybarre pro series 12 road map

## Pro Series 12 Isometric



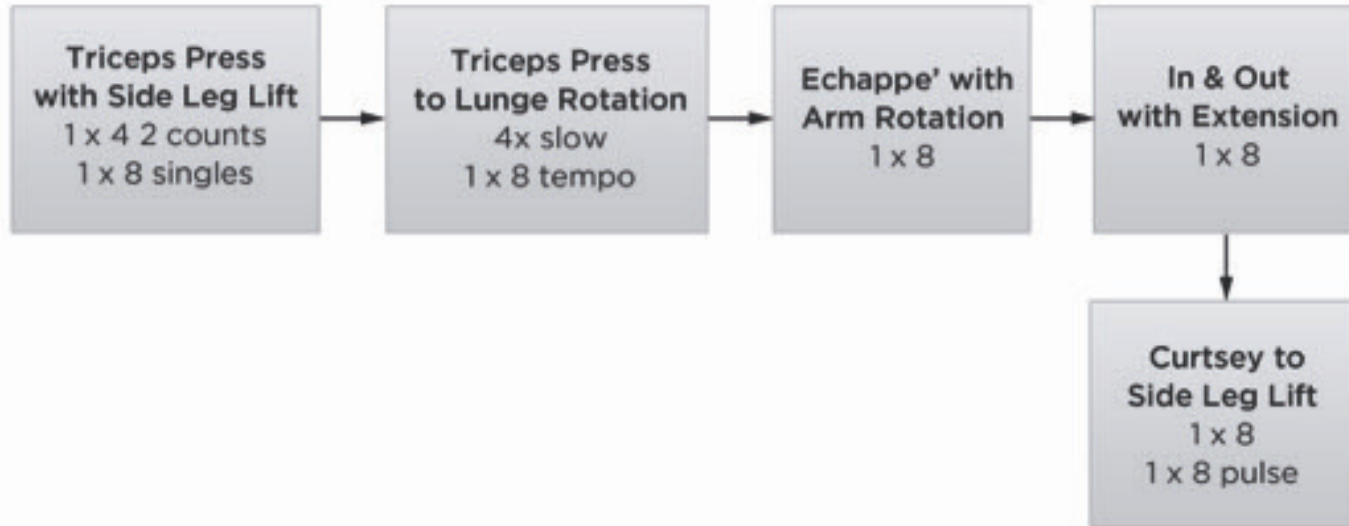
# bootybarre pro series 12 road map

## Pro Series 12 Flexibility



# bootybarre pro series 12 road map

## Pro Series 12 Side Line



# bootybarre pro series 12 road map

## Pro Series 12 Facing the Barre



# bootybarre pro series 12 road map

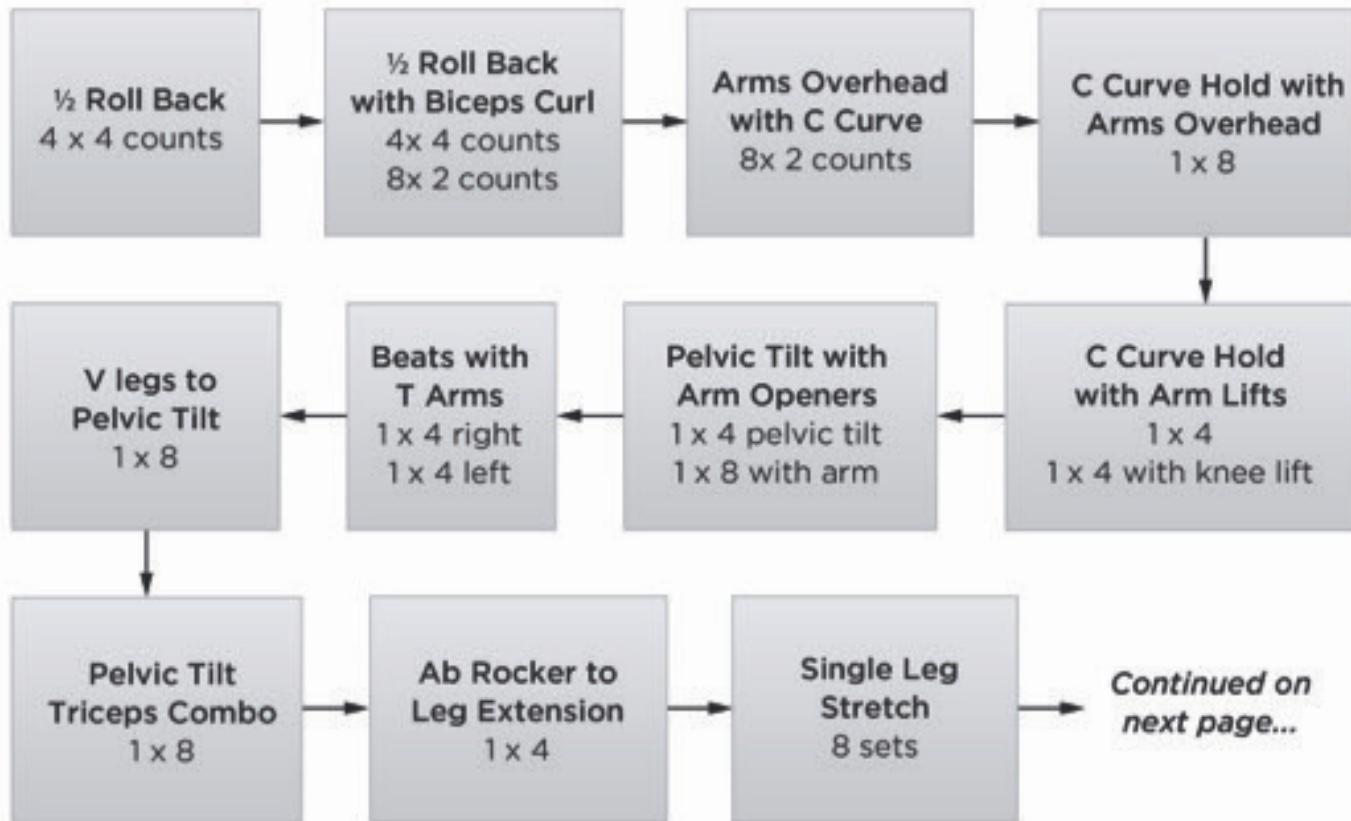
## Pro Series 12 Floor Work: Flexibility





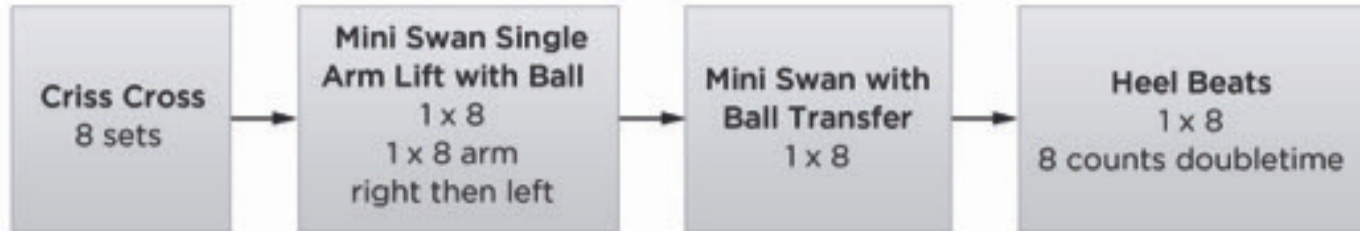
# bootybarre pro series 12 road map

## Pro Series 12 Floor Work: Abs, Back



# bootybarre pro series 12 road map

Pro Series 12 Floor Work: Abs, Back *(continued)*



# bootybarre pro series 12 road map

## Pro Series 12 Cardio

### Plank Jumping Jacks Combo

1 x 4 tap front

1 x 4 tap side

8 count run

1 x 8 jump in/out