



BARRE DEFINITION HANDBOOK

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MAKING THE MOST
OF YOUR PROGRAM



ABOUT THIS PROGRAM

DEFINE AND STRENGTHEN THE BODY IN 21 DAYS

Welcome to your 21 DAY BARRE program!

This program gives exercises that define and strengthen the entire body in a safe and effective way using the best of Barre Fitness.

You'll notice that there are a three options for your training schedule. Choose what works best for you.

You will need to train with at least 3x SESSIONS a week to really see results of this program. Don't worry though - these are just 30 minute sessions!

These workouts are complete enough to be done on their own however you can always add them onto any other existing exercise that you're already doing.

Finally, stretch after EVERY Barre session! This is essential to the program!

See you at the barre!

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MEET YOUR COACH: CHARDÉT

NASM Certified Personal Trainer and Certified Nutrition Specialist

Ola! I'm Chardét (or Char as I'm called in Brazil.) I'm the founder of the Brazilian-inspired lifestyle brand Corpão Fitness and your coach for this 21 Day BARRE program.

As a former corporate worker and now busy entrepreneur, I know that finding the time to be healthy can be challenging. It can also get very dull, very quickly, that's why I've made a big effort to keep your workouts quick, fun and effective!

The exercises in this program are some of the most effective possible techniques when it comes to Barre fitness, with a little bit of Pilates training thrown in to maximize core strength and alignment. You'll be doing exercises with foundations in how dancers and athletes train. It's up to you to show up and do the work to get those results.

My goal is for you to feel good, get strong and be your most confident during this program and beyond!

If you'd like to reach out for any questions related to this program, please do!

abraços/hugs,
Chardét

Email: oi@corpaofitness.com



READ BEFORE YOU START

for better results!

One of the hardest things about training is staying motivated. You will have days when you don't want to train or when you feel like you're not getting results fast enough.

It's so important that you are prepared for these days by planning your schedule, tracking your results and sticking to a routine.

Unless you're sick or experiencing discomfort in the muscles or joints, you should stick to a schedule. Do not let a busy day or a less motivated day stop you.

21 Days might seem like a long time but it really isn't. It's up to you to make sure you get your body into a HABIT so it can be as strong and fit as it can be!

So do this right now:

1. Take a picture in a sports bra against a blank backdrop. Photos show more than anything else ever could.
2. Determine your training schedule ASAP. You'll see guidelines in this handbook

Now, get ready for training time!



TRAINING: OPTION 1

21 DAY TRAINING SCHEDULE - MINIMUM COMMITMENT

During your program, commit to at least 3x sessions per week. Be sure to have at least one recovery day per week. Below is the suggested training schedule if you're doing just 3 a week.

WEEK 1

MONDAY	FLOOR (15M) + CORE (15M)	FRIDAY	BALANCE (15M)
TUESDAY	SIDELINE (15M) + UPPER BODY CHAIR (15M)	SATURDAY	-
WEDNESDAY	-	SUNDAY	-
THURSDAY	-		

WEEK 2

MONDAY	CARDIO (15M)	FRIDAY	SIDELINE (15M) + UPPER BODY WEIGHTS (15M)
TUESDAY	FLOW 1 & 2 (30M)	SATURDAY	-
WEDNESDAY	-	SUNDAY	-
THURSDAY	-		

WEEK 3

MONDAY	LOWER BODY (15 M) + CORE (15M)	FRIDAY	CARDIO (15M) + FLOOR (15M)
TUESDAY	-	SATURDAY	-
WEDNESDAY	BALANCE (15M) + UPPER BODY CHAIR (15M)	SUNDAY	-
THURSDAY	-		

ACTION STEP:

ADD THESE WORKOUTS INTO YOUR CALENDAR (ONLINE OR PHYSICAL)

TRAINING: OPTION 2

21 DAY TRAINING SCHEDULE - RECOMMENDED COMMITMENT

During your program, commit to this schedule for better results. Be sure to have at least one recovery day per week. Below is the suggested training schedule for getting more out of your program. It's 4 sessions per week.

WEEK 1

MONDAY	FLOOR (15M) + CORE (15M)	FRIDAY	FLOW 1 & 2 (30M)
	-		-
TUESDAY	CARDIO (15M) + SIDELINE (15M)	SATURDAY	UPPER BODY WEIGHTS (15M) + LOWER BODY (15M)
WEDNESDAY	-	SUNDAY	
THURSDAY	-		

WEEK 2

MONDAY	CARDIO (15M) + CORE (15M)	FRIDAY	LOWER BODY (15M) + SIDELINE (15M)
	-		
TUESDAY	FLOW 1 & 2 (30 M)		
WEDNESDAY	-	SATURDAY	-
THURSDAY		SUNDAY	UPPER BODY CHAIR (15M) + BALANCE (15M)

WEEK 3

MONDAY	FLOW 1 & 2 (30M)	FRIDAY	-
		SATURDAY	CARDIO (15M) + FLOOR (15M)
TUESDAY	-		
		SUNDAY	BALANCE (15M) + CORE (15M)
WEDNESDAY	UPPER BODY WEIGHTS (15M) + LOWER BODY (15M)		
THURSDAY	-		

ACTION STEP:

ADD THESE WORKOUTS INTO YOUR CALENDAR (ONLINE OR PHYSICAL)

TRAINING: OPTION 3

21 DAY TRAINING SCHEDULE - MAXIMUM COMMITMENT

During your program, commit to this schedule if you want to focus on barre and really dive deep. It is recommended to do NO more than this to avoid overtraining. Below is the suggested training schedule.

BE SURE TO STRETCH ESPECIALLY WITH THIS INTENSE SCHEDULE!

WEEKS 1 - 3

You'll repeat this same schedule

MONDAY	FLOOR (15M) + CORE (15M)
TUESDAY	CARDIO (15M)
WEDNESDAY	UPPER BODY CHAIR (15M) + SIDELINE (15M)
THURSDAY	BALANCE (15M)
FRIDAY	FLOW 1 & 2 (30M)
SATURDAY	UPPER BODY WEIGHTS (15M) + LOWER BODY (15M)
SUNDAY	-

ACTION STEP:

ADD THESE WORKOUTS INTO YOUR CALENDAR (ONLINE OR PHYSICAL)

NUTRITION GUIDELINES

HOW TO EAT FOR BETTER RESULTS

You will always get better toning and strengthening results if you eat healthier and smarter. This doesn't mean you need to go on a diet or cut out all the things you love.

Eating smarter does mean you'll want to balance foods, increase nutrients and reduce calories that do not have as many nutrients. Here are the main guidelines to follow.

REDUCE

- DAIRY** MILK, CHEESE, CREAM AND BUTTER
- SOME GRAINS** BAGELS, BREAD, COUSCOUS, RICE AND CRACKERS
- SOME FAT** RED MEAT, FRIED FOODS, HEAVILY SAUCED FOODS
- PASTA** ALL NOODLES (EVEN ONES MADE WITH LENTILS ,ETC.)
- EXCESS SUGAR** ALL REFINED SUGAR, SWEETS, ICE CREAM, CAKES, PASTRIES AND DATE BALLS

AVOID

- SODIUM** ADDED SALT, SALTED FOOD LIKE SALMON, PICKLES OR OLIVES
- SOME DRINKS** JUICES, SODAS, ADDED-SUGAR DRINKS AND ALCOHOL
- PROTEIN SHAKES** PROTEIN SHAKES OR BARS UNLESS GOAL IS WEIGHT GAIN
- EXCESS OIL** REDUCE COOKING TO 2 TSP OR LESS PER MEAL
- SAUCES** SAUCES NOT MADE AT HOME AND DRESSINGS

BALANCE

- MEAT** EAT AS MANY OR MORE PLANT-BASED MEALS IN A WEEK
- FRUIT** 1 TO 3 SERVINGS PER DAY
- COFFEE/ TEA** LIMIT TO 2 CUPS MAX PER DAY, 3 TO 4 CUPS IF BLACK TEA
- WHOLE GRAINS** SOME QUINOA, TEMPEH AND BULGUR BUT MODERATE
- SOME VEG** EAT BUT MODERATE POTATOES, SWEET POTATOES AND CORN

INCREASE

- VEG** LEAFY GREENS, ROOT VEG LIKE CARROTS AND
- WATER** ONE GLASS AT LEAST WITH EVERY MEAL
- PLANT-BASED** NON-DAIRY/NON-MEAT MEALS
- "FIT" FATS** SEEDS, NUTS, AVOCADO, AND FISH
- SOME PROTEIN** SEEDS, NUTS, QUINOA, WHITE MEAT AND FISH

THE RIO PROJECT: WHAT IS IT?

TRANSFORM FROM HOME

If you feel like this BARRE program made a difference, imagine weeks of healthier eating and regular workouts could do for you!

What if you could have a coach supporting you 1:1 as you work towards your highest fitness goals? That's the Rio Project.

This online program makes fitness easier AND more effective for the LONG term with PERSONALIZED guidance and accountability.

The Rio Project helps you train smarter and quicker while eating healthy foods that you love. There's no dieting or long workouts; everything you do is sustainable for the long term. The Rio Project is especially ideal for you if you have any of these struggles:

- Do you constantly second guess your food choices?
- Is it difficult to find the motivation or time to work out?
- Would you like more accountability to reach your goals?

Want to learn more? Visit: www.corpaofitness.com or email: oi@corpaofitness.com



