

30 DAY K-POP BEGINNER PROGRAM

Day 1 <input type="checkbox"/> Intro <input type="checkbox"/> Stretching	Day 2 <input type="checkbox"/> Stretching <input type="checkbox"/> Bounces	Day 3 <input type="checkbox"/> Stretching <input type="checkbox"/> Footwork 1	Day 4 <input type="checkbox"/> Stretching <input type="checkbox"/> Review 1	Day 5 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 1 <input type="checkbox"/> Baekhyun Pt. 1
Day 6 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 1 <input type="checkbox"/> Baekhyun Pt. 2	Day 7 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 1 <input type="checkbox"/> Baekhyun Review	Day 8 Rest!	Day 9 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Arms 1	Day 10 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 2
Day 11 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 2 <input type="checkbox"/> Chest & Hips	Day 12 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3	Day 13 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Pt. 1	Day 14 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Pt. 2	Day 15 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Review
Day 16 Rest!	Day 17 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Spins	Day 18 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Waves	Day 19 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4	Day 20 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4 <input type="checkbox"/> ATEEZ Pt. 1
Day 21 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4 <input type="checkbox"/> ATEEZ Pt. 2	Day 22 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4 <input type="checkbox"/> ATEEZ Review	Day 23 Rest!	Day 24 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 1 <input type="checkbox"/> Facial Expressions	Day 25 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 2 <input type="checkbox"/> Baekhyun Review
Day 26 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Review	Day 27 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review: Any <input type="checkbox"/> Mamamoo Pt. 1	Day 28 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review: Any <input type="checkbox"/> Mamamoo Pt. 2	Day 29 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review: Any <input type="checkbox"/> Mamamoo Review	Day 30 Celebrate!

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Day 6 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 1 <input type="checkbox"/> Baekhyun Pt. 2	Day 7 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 1 <input type="checkbox"/> Baekhyun Review	Day 8 Rest!	Day 9 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Arms 1	Day 10 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 2
Day 11 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 2 <input type="checkbox"/> Chest & Hips	Day 12 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3	Day 13 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Pt. 1	Day 14 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Pt. 2	Day 15 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Review
Day 16 Rest!	Day 17 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Spins	Day 18 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Waves	Day 19 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4	Day 20 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4 <input type="checkbox"/> ATEEZ Pt. 1
Day 21 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4 <input type="checkbox"/> ATEEZ Pt. 2	Day 22 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 4 <input type="checkbox"/> ATEEZ Review	Day 23 Rest!	Day 24 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 1 <input type="checkbox"/> Facial Expressions	Day 25 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 2 <input type="checkbox"/> Baekhyun Review
Day 26 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review 3 <input type="checkbox"/> Blackpink Review	Day 27 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review: Any <input type="checkbox"/> Mamamoo Pt. 1	Day 28 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review: Any <input type="checkbox"/> Mamamoo Pt. 2	Day 29 <input type="checkbox"/> Warm-Up <input type="checkbox"/> Review: Any <input type="checkbox"/> Mamamoo Review	Day 30 Celebrate!