

30 DAY K-POP BEGINNER PROGRAM

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



30 DAY K-POP BEGINNER PROGRAM

Day 1	Day 2	Day 3	Day 4	Day 5
☐ Intro☐ Stretching	Stretching Bounces	Stretching Footwork 1	Stretching Review 1	Warm-Up Review 1 Baekhyun Pt. 1
Day 6	Day 7	Day 8	Day 9	Day 10
Warm-Up Review 1 Baekhyun Pt. 2	Warm-Up Review 1 Baekhyun Review	Rest!	☐ Warm-Up ☐ Arms 1	☐ Warm-Up ☐ Review 2
Day 11	Day 12	Day 13	Day 14	Day 15
Warm-Up Review 2 Chest & Hips	☐ Warm-Up ☐ Review 3	Warm-Up Review 3 Blackpink Pt. 1	Warm-Up Review 3 Blackpink Pt. 2	Warm-Up Review 3 Blackpink Review
Day 16	Day 17	Day 18	Day 19	Day 20
	☐ Warm-Up	☐ Warm-Up	☐ Warm-Up	☐ Warm-Up
Rest!	Spins	Waves	Review 4	Review 4 ATEEZ Pt. 1
Rest!	Day 22	Day 23	Review 4 Day 24	
				ATEEZ Pt. 1
Day 21 Warm-Up Review 4	Day 22 Warm-Up Review 4 ATEEZ	Day 23	Day 24 Warm-Up Review 1 Facial	Day 25 Warm-Up Review 2 Baekhyun