

#MADEBYDRE PROGRAM 1

Made by Dre



WEEK 1		TIMBERLAKE TONING	Dance Cardio	USHER UPPER BODY	Dance Cardio	
WEEK 2	BOOTY TIME	Dance Cardio	brit FIT	Dance Cardio		
WEEK 3	tyga toning	Dance Cardio	XTINA CORE & MORE	Dance Cardio	TOP 40 TONING	
WEEK 4	LATIN LOVE		Dance Cardio	Balletone	Dance Cardio	

#MADEBYDRE PROGRAM 2

Made by Dre



WEEK 1	BEY day	Dance Cardio	KATY PERRY PARTY	Dance Cardio	MISSY MAYHEM	
WEEK 2	DIGITAL GET DOWN	Dance Cardio	<i>Good Girls Gone Bad</i>		Dance Cardio	
WEEK 3	36 pin hip hop	Dance Cardio	TIMBALAND TONING	Dance Cardio		
WEEK 4	Chris Brown Core & More	Dance Cardio		TET REMIX	Dance Cardio	

#MADEBYDRE PROGRAM 3

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WEEK 1	JLO GLOW UP	Dance Cardio	BSB & BARBELLS	Dance Cardio	TBT ONE HIT WONDERS	
WEEK 2	Dance Cardio	<i>Hot Girl Isn</i>	Dance Cardio	<i>hip hop nonstop vol 1</i>	CARDI PARTY	
WEEK 3	bieber fever	Dance Cardio	<i>hip hop nonstop vol 2</i>	Dance Cardio	Booty Work with T-Pain	
WEEK 4	TBT CLUB HITS	Dance Cardio	MJ & JANET VOL 1	Dance Cardio	DUETS & DUMBBELLS	

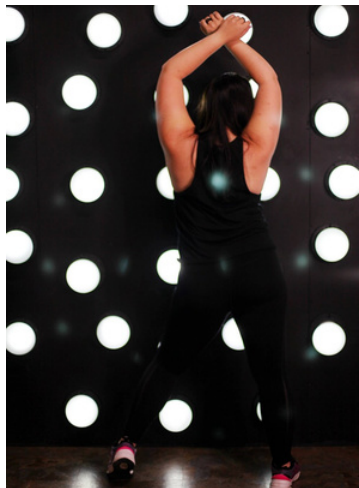
#MADEBYDRE PROGRAM 4

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	WEEK 1	MONEY MOVES	Dance Cardio	girl bands vs. boy bands	Dance Cardio	yeezy not easy	
	WEEK 2	2000S R&B	Dance Cardio	ARI ACTIVENS	Dance Cardio	BREAKUP ANTHEMS	
	WEEK 3	Unorthodox Jukebox	Dance Cardio	TBT VOLUME 5	Dance Cardio	GET AMPED	
	WEEK 4	TRL TRIS	Dance Cardio	80s Ladies	Dance Cardio	RiRi Remix	

#MADEBYDRE PROGRAM 5

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WEEK 1	T.I. Twerk and tone	Dance Cardio	crazy 4 Jay Z	Dance Cardio	HOTLANTA HIIT	
WEEK 2	BREAKUP ANTHEMS VOL 2	Dance Cardio	2000S R&B VOL 2	Dance Cardio	OUR LIPS AND OUVRS	
WEEK 3	Dance Cardio	GET AMPED VOL 2	Dance Cardio	Brit Fit Vol 2	sixth grade slow jams stretch	
WEEK 4	Dance Cardio	Toronto Tone • DANCE WITH DRAKE	Dance Cardio	PINK VS PINKPRINT	LILITH FAIR STRETCH	

#MADEBYDRE PROGRAM 6

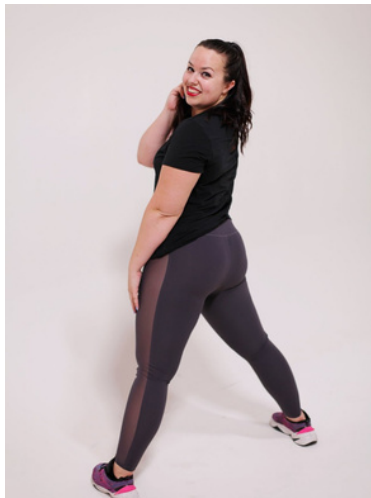
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WEEK 1	TIMBERLAKE TONING VOL 2	Dance Cardio	GET AMPED VOL 3	Dance Cardio	<i>10-30 min</i> ESSENTIALS	SEXY SONGS STRETCH
WEEK 2	Dance Cardio	PRIDE PARADE	Dance Cardio	<i>Drop Tops Hyp Hyp</i>	<i>10-30 min</i> ESSENTIALS (REPEAT)	BOY BAND BALLAD STRETCH
WEEK 3	Dance Cardio	TBT CLUB HITZ VOL 2	Dance Cardio	2000S R&B BEATDOWN	<i>10-30 min</i> ESSENTIALS (REPEAT)	CINEMATIC STRETCH
WEEK 4	BEY & JAY	Dance Cardio	#NSYNC VS BSB	Dance Cardio	<i>Queens of Rap</i> TONING XPRESS	POWER BALLADS STRETCH

#MADEBYDRE PROGRAM 7

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WEEK 1	THE ILLEST LILS	Dance Cardio		pyramid scheme	Dance Cardio	
WEEK 2	Dance Cardio		DERULO DANCE & TONE	Dance Cardio	Hips Hops Haute	
WEEK 3	Dance Cardio	DOJA & DIVAS	Dance Cardio		Brit Fit Vol 3	
WEEK 4	Dance Cardio	TIMBERLAKE TONING VOL 3	Dance Cardio		GOOD FORM WITH NICKI MINAJ	

#MADEBYDRE PROGRAM 8

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WEEK 1	NEW Dance Cardio	<i>Ariana Activations Vol 2</i>		Dance Cardio	TBT TONING VOL 4
WEEK 2	NEW Dance Cardio	G-EAZY AINT EASY		Dance Cardio	PHARRELL FEEL
WEEK 3	NEW Dance Cardio	SWEATIN WITH SAWEETIE		CARDED *CORE VOL 1	TRL BIS & TRIS
WEEK 4	NEW Dance Cardio	DEATH BY DESTINY'S CHILD		Dance Cardio	MJ & JANET VOL 2

#MADEBYDRE PROGRAM 9

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WEEK 1	NEW Dance Cardio		SEXY SONGS STRETCH	Dance Cardio	DOJA & DIVAS
WEEK 2	NEW Dance Cardio	FIGHT NIGHT 	CINEMATIC STRETCH	Dance Cardio	TBT CLUB HITZ VOL 2
WEEK 3	NEW Dance Cardio		BOY BAND BALLAD STRETCH	NEW CHOREO DROP	
WEEK 4	NEW Dance Cardio	<i>Sexy</i> <i>Gang</i> <i>Strong</i>	POWER BALLADS STRETCH	Dance Cardio	HOTLANTA HIIT

#MADEBYDRE PROGRAM 10

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WEEK 1	NEW Dance Cardio	 TRAVEL TONE		<i>Brit Fit</i> Vol 2	Dance Cardio: TBT Vol 5
WEEK 2	NEW Dance Cardio	<i>throwback</i> <i>latin pop</i>		Dance Cardio	<i>GOOD FORM</i> <i>WITH</i> <i>NICKI MINAJ</i>
WEEK 3	NEW Dance Cardio	<i>Bey Day</i> Vol 2	NEW FAUX YOGA THROWBACK STRETCH	<i>crazy</i> <i>4 Jay Z</i>	Dance Cardio
WEEK 4	NEW Dance Cardio	FLO RIDA + TYGA		CARDED *CORE VOL 1	Dance Cardio: TBT Vol 6