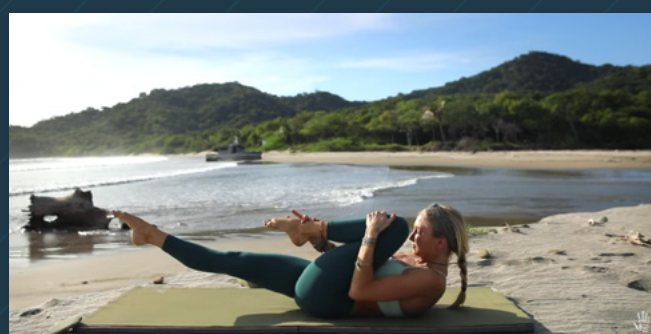




ULTIMATE 14 DAY PILATES CHALLENGE SCHEDULE



DAY 1 ☐

Ultimate Pilates Abs 12 mins

FOLLOWED BY

Backside Workout 10 mins

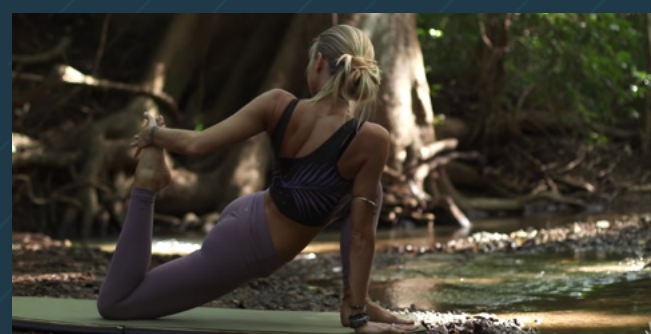


DAY 2 ☐

Pilates Yoga Workout 17 mins

FOLLOWED BY

Leg & Inner Thigh Workout 10 mins



DAY 3 ☐

Ultimate Pilates Abs 12 mins

FOLLOWED BY

Yoga For Tight & Sore Muscles
18 mins



DAY 4 ☐

Cardio Yoga Workout 17 mins

FOLLOWED BY

Ab Toning Workout 10 mins

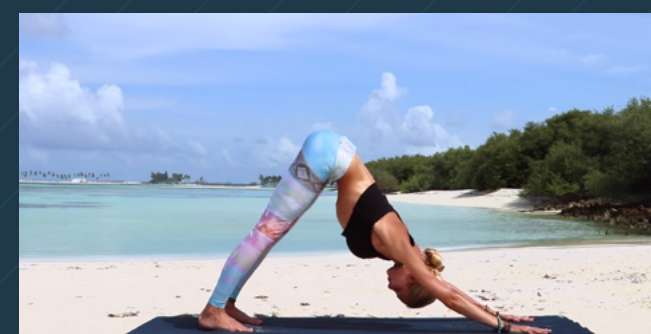


DAY 5 ☐

Ultimate Pilates Abs 12 mins

FOLLOWED BY

Quick Fat Burning Workout 10 mins

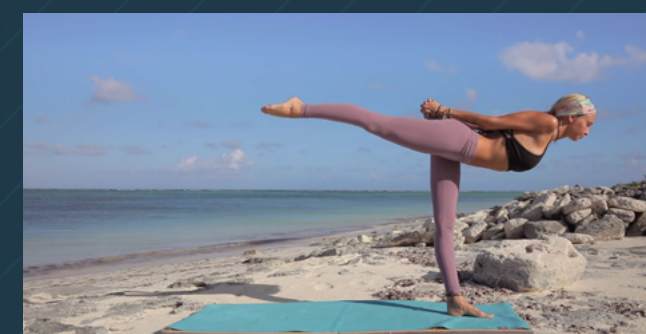


DAY 6 ☐

Ultimate Pilates Abs 12 mins

FOLLOWED BY

Ultimate Yoga Workout 20 mins



DAY 7 ☐

Perfect Morning Yoga Flow
23 mins



DAY 8 ☐

Ultimate Pilates Abs 12 mins

FOLLOWED BY

Yoga For Strength & Flexibility
14 mins



DAY 9 ☐

Total Body Pilates 10 mins

FOLLOWED BY

Yoga Workout Tone & Burn 20 mins



DAY 10 ☐

Ultimate Pilates Abs 12 mins

FOLLOWED BY

Yoga Workout Challenge 12 mins



DAY 11 ☐

Pilates Full Body Burn 15 mins

FOLLOWED BY

Best Leg Toning 10 mins



DAY 12 ☐

Ultimate Pilates Abs 12 mins

FOLLOWED BY

Yoga Workout For Weight Loss
15 mins



DAY 13 ☐

Yoga Flow To Release Everything
24 mins

FOLLOWED BY

Ab Challenge 11 mins



DAY 14 ☐

Pilates Workout 12 mins

FOLLOWED BY

Yin Yoga For Flexibility 24 mins