



10 DAY BOHO BEAUTIFUL CORE CHALLENGE



DAY 1



10 Minute Core Inferno

Followed by
Yoga Workout 2020

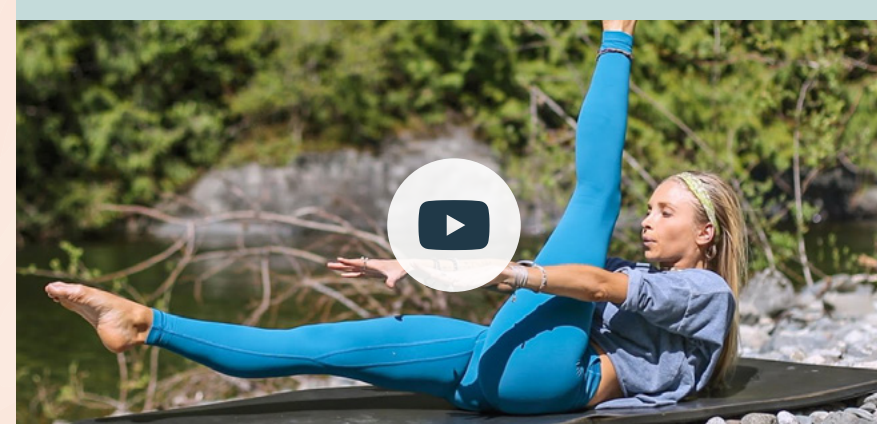
DAY 2



Total Body Yoga Flow

Followed by
10 Minute Core Inferno

DAY 3



10 Minute Core Inferno

Followed by
Abs Tone & Sculpt

DAY 4



Fat Burning Cardio
Workout

Followed by
10 Minute Core Inferno

DAY 5



Rest Day
Blissful Yoga Flow

DAY 6



Pilates Workout Blast

Followed by
10 Minute Core Inferno

DAY 7



10 Minute Core Inferno

Followed by
Total Body Pilates

DAY 8



Yoga Workout For
Weight Loss

Followed by
10 Minute Core Inferno

DAY 9



10 Minute Core Inferno

Followed by
Full Body Yoga Workout
Blast

DAY 10



Ultimate Pilates Class

Followed by
10 Minute Core Inferno

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