

PILATES BODY GUIDE

WEEK 1

START THE CHALLENGE
YOU'VE GOT THIS

BEGINNERS DO YOUTUBE WORKOUTS
ADVANCED DO ALL WORKOUTS

CLICK THE **THUMBNAILS**
TO ACCESS THE WORKOUTS

 [CLICK HERE FOR NEW WORKOUTS](#)

YOUTUBE WORKOUTS

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
BEGINNER	 NEW - 5 MINS	 8 MINS	 NEW - 20 MINS	 10 MINS	REST DAY	 8 MINS	 15 MINS
	 15 MINS	 10 MINS		 8 MINS		 8 MINS	
TOTAL	20 MINS	18 MINS	20 MINS	18 MINS		16 MINS	15 MINS

ADVANCED WORKOUTS

GET THE LEAN APP FOR ACCESS

 30 MINS	 30 MINS	 30 MINS	 21 MINS	 15 MINS	 30 MINS	 30 MINS
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FOR THE BEST RESULTS DO ALL WORKOUTS
TO JOIN THE LEAN APP, [CLICK HERE](#)

BEGINNER

TOTAL

ADVANCED

PILATES BODY GUIDE

WEEK 2










START THE CHALLENGE
YOU'VE GOT THIS

BEGINNERS DO YOUTUBE WORKOUTS
ADVANCED DO ALL WORKOUTS

CLICK THE **THUMBNAILS**
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YOUTUBE WORKOUTS

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
BEGINNER	 NEW - 8 MINS	 20 MINS	 NEW - 10 MINS	 6 MINS	REST DAY	 20 MINS	 20 MINS
TOTAL	 10 MINS		 5 MINS	 10 MINS			
	18 MINS	20 MINS	15 MINS	16 MINS		20 MINS	20 MINS

ADVANCED WORKOUTS

GET THE LEAN APP FOR ACCESS

 30 MINS	 30 MINS	 30 MINS	 30 MINS	 15 MINS	 30 MINS	 45 MINS
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FOR THE BEST RESULTS DO ALL WORKOUTS
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BEGINNER

TOTAL

ADVANCED