

PILATES SCULPT & FAT BURN 2 WEEK GUIDE

Lilly Sabri

PHYSIOTHERAPIST, TRAINER &
AUTHOR OF THE ANTI-INFLAMMATORY
& IMMUNITY BOOSTING COOKBOOK

LEAN



- LILLY SABRI -

YOU NEED TO READ THIS!

Pilates is trending right now, and I have to say I am so happy to see it! I first trained up as a pilates instructor over 10 years ago after graduating as a Physiotherapist, and since then I've been in love with it. In my opinion there is nothing better for getting results, sculpting and tightening with low impact yet super challenging pilates moves and flows. My personal **Method** of training that has got me the most incredible long lasting results, which includes 3 key styles of training made into the structured and progressive **LEAN Method**. This method is science based with proven results and it includes Pilates, Fat Burn & Strength Training all from home that progressively gets harder across an 8 week period.

Pilates is much more challenging than a lot of people realise, with a key focus on core strength and control.

To get a little teaser of what the LEAN App has to offer, you can try out my free 14 day Pilates Guide.

If you love this but are wanting to level up, I recommend joining the **LEAN Transformation Method**, which has more challenging workouts in a progressive and structured way. Don't forget, your first week is totally free to try it out, and you can cancel at any time.

[CLICK TO JOIN THE LEAN TRANSFORMATION METHOD](#)






















2 WEEK PILATES SCULPT & FAT BURN GUIDE

START THE CHALLENGE

CLICK THE **THUMBNAILS**
TO ACCESS THE WORKOUTS

 [CLICK HERE FOR NEW WORKOUTS](#)

WEEK 1

MON	TUES	WEDS	THURS	FRI	SAT	SUN
 NEW - 20 MINS	 15 MINS	 NEW - 15 MINS	 15 MINS	REST DAY	 15 MINS	 12 MINS
 10 MINS	 6 MINS	 5 MINS	 10 MINS		 5 MINS	 10 MINS
 5 MINS	 8 MINS	 10 MINS	 5 MINS		 8 MINS	 8 MINS
 10 MINS	 10 MINS	 15 MINS	 10 MINS		 10 MINS	 15 MINS
45 MINS	39 MINS	45 MINS	40 MINS		38 MINS	45 MINS

TOTAL

WANT MY EXACT TRAINING PROGRAM?

GET AMAZING RESULTS WITH THE 8 WEEK LEAN TRANSFORMATION METHOD

[CLICK HERE TO GET THE BEST RESULTS](#)














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WEEK 2

MON	TUES	WEDS	THURS	FRI	SAT	SUN
 NEW - 20 MINS	 FULL BODY PILATES 15 MIN	 NEW - 5 MINS	 PILATES FULL BODY 15 MIN		 TONE YOUR FULL BODY IN 12 DAYS 12 MINS	 PILATES FULL BODY SUMMER SHRED WEDNESDAY 24 TH JUNE 30 MINUTES 30 MINS
 TOP 10 PILATES ABS EXERCISES 5 MINS	 PILATES ROUND BOOTY IN 14 DAYS 10 MINS	 PILATES BODY IN 14 DAYS 20 MINS	 DEFINE YOUR ABS IN 14 DAYS 5 MINS	REST DAY	 ABS FAT BURN PILATES 10 MIN 10 MINS	 TONED PILATES ABS IN 14 DAYS 6 MINS
 SLIM PILATES WAIST 8 MIN 8 MINS	 NEW YEARS ABS BOOTY & LEGS BURN WEDNESDAY 20 TH DECEMBER 20 MINUTES 20 MINS	 PILATES THIGHS 8 MIN 8 MINS	 BUTT LIFT PILATES BODY 8 MIN 8 MINS		 PILATES LEAN LEGS 10 MIN 10 MINS	 DO THIS FOR A SMALLER WAIST 5 MIN 5 MINS
 SLIM LEGS PILATES 8 MIN 8 MINS		 PILATES BUTT LIFT IN 14 DAYS 8 MINS	 PILATES LEAN LEGS TONED BOOTY 10 MIN 10 MINS		 TONED ARMS IN 14 DAYS 8 MINS	
41 MINS	45 MINS	41 MINS	38 MINS		40 MINS	41 MINS

TOTAL

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