

# LEAN SUMMER METHOD INTRODUCTION GUIDE

*Lilly Sabri*

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

**LEAN**













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START THE CHALLENGE

CLICK THE **THUMBNAILS**  
TO ACCESS THE WORKOUTS

 [CLICK HERE FOR NEW WORKOUTS](#)

## WEEK 1

MON	TUES	WEDS	THURS	FRI
 NEW - 15 MINS	 <b>FAT LOSS CARDIO</b> IN 14 DAYS <small>WORKOUT GUIDE</small> 20 MINS	 NEW - 10 MINS	 <b>PILATES FULL BODY</b> 15 MIN	 NEW - 20 MINS
 <b>INTENSE SLIMMER INNER THIGHS</b> IN 14 DAYS 10 MINS	 <b>TONED PILATES LEGS</b> 10 MIN 10 MINS	 <b>LOSE FAT CARDIO</b> IN 10 DAYS 15 MINS	 <b>SLIMMER INNER THIGHS</b> IN 14 DAYS 10 MINS	 <b>SUMMER LEGS</b> IN 7 DAYS 15 MINS
 <b>SEXY SHOULDERS &amp; ARMS</b> IN 7 DAYS 10 MINS	 <b>BUTT LIFT</b> IN 14 DAYS 15 MINS	 <b>LOSE ARM FAT</b> IN 2 WEEKS 6 MINS	 <b>SEXY PILATES BOOTY</b> IN 14 DAYS 8 MINS	 <b>LOSE BELLY &amp; BACK FAT</b> IN 14 DAYS <small>WORKOUT GUIDE</small> 10 MINS
 <b>LOSE BELLY FAT</b> IN 7 DAYS 5 MINS		 <b>PILATES FLAT STOMACH</b> IN 14 DAYS 5 MINS	 <b>SMALLER WAIST</b> IN 14 DAYS 10 MINS	
40 MINS	45 MINS	36 MINS	43 MINS	45 MINS

TOTAL

## 40% OFF THE LEAN METHOD

SALE STARTS THIS FRIDAY 28 APRIL! [JOIN HERE](#)