

# 26 DAYS: MOVE & LOVE

Monday 3rd - Friday 28th February

## Week 1

- 3rd Signature Full Body 30 min
- 4th Total Tone Legs 20 min
- 5th Upper Body Flow 13 min
- 6th Rest Day
- 7th Tempo Pilates 20 min
- 8th Fresh Morning Pilates 20 min
- 9th Rest Day

## Week 2

- 10th Energise Flow 30 min
- 11th Total Tone Thighs & Abs 23 min
- 12th Upper Body Strong 21 min
- 13th Rest Day
- 14th Flow Pilates 20 min
- 15th Powerhouse Core 20 min
- 16th Rest Day

## Week 3

- 17th Complete Full Body 40 min
- 18th Define Glutes 20 min
- 19th Arms & Abs 15 min
- 20th Rest Day
- 21st Express Feel Good 22 min
- 22nd Express Standing 20 min
- 23rd Rest Day

## Week 4

- 24th Fresh Start, Full Body 28 min
- 25th Glutes on Fire 16 min
- 26th Sculpt Upper Body 10 min
- 27th Rest Day
- 28th Brand New Morning Pilates 25 min

**TRY THIS...** Compliment your practice with 30 minutes walking every day this month