

24 DAYS OF PILATES

your feel-amazing advent

For ultimate results in body & mind, add in a 15-30 minute walk as many days as you can

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|----|--------------------------|----|---------------------------|
| 01 | Full body | 13 | Total Tone Core |
| 02 | Tone & Sculpt Lower | 14 | Full Body Mobility |
| 03 | Tone & Sculpt Upper | 15 | Complete Full Body |
| 04 | Every Day Core | 16 | Define Standing Legs |
| 05 | Define Killer Glutes | 17 | Just Arms & Abs |
| 06 | Core: Abs & Obliques | 18 | Power Core |
| 07 | Daily Stretch & Mobility | 19 | Sculpt Lower Body |
| 08 | Full Body | 20 | Define Inner Thighs & Abs |
| 09 | Standing Legs | 21 | Strength & Stretch |
| 10 | Define Upper Body | 22 | Full Body |
| 11 | Sculpt Core | 23 | Every Day Legs |
| 12 | Just Bridging | 24 | Every Day Arms |

Tip: To modify this to 3 days a week simply combine two classes into one day creating one 30-minute workout. On day three combine three classes (the third will be mobility/stretch based) to create 1 x 45-minute workout.

Remember to listen to your body always and take a rest day if you need it!