


# 14 DAY PILATES ABS CHALLENGE



DAY 1	LOWER AB CIRCUIT 8 MIN
DAY 2	CORSET TONE 6 MIN
DAY 3	DEEP CORE 7 MIN
DAY 4	POWER PLANK 9 MIN
DAY 5	LOW AB FIRE 8 MIN
DAY 6	SIDE CORE 8 MIN
DAY 7	STRENGTH & STRETCH 12 MIN
DAY 8	STRONG PLANK FLOW 6 MIN
DAY 9	CLASSIC PILATES ABS 6 MIN
DAY 10	CORE CONTROL 8 MIN
DAY 11	360 CORE 5 MIN
DAY 12	TWIST IT 8 MIN
DAY 13	LOWER ABS BLAST 4 MIN
DAY 14	STRENGTH & STRETCH 16 MIN

The ultimate core training program to strengthen and ignite your entire midline including obliques lower and upper abs and back body.

This series has 14 unique core workouts that I created to give you a structured and balanced approach, targeting specific muscles to give you the fastest results.

Classes are short and in my recommended order to complete, but feel free to add these onto your workout or use on days where you don't have much time. The classes are strong, and so are you!