

THE SPRING SCULPT

A 28 DAY PILATES CHALLENGE TO STRENGTHEN & TONE

WEEK ONE

- 01 REVIVE 30 MIN
- 02 FULL BODY IN 15 MIN
- 03 ACTIVE REST
- 04 GLUTES FLOW 20 MIN
- 05 CARDIO & ABS 20 MIN
- 06 RESTORE 30 MIN
- 07 ACTIVE REST

WEEK TWO

- 08 NEW MORNING 25 MIN
- 09 COMPLETE BODY 15 MIN
- 10 ACTIVE REST
- 11 TOTAL TONE LOWER 20 MIN
- 12 EXPRESS FEEL GOOD 20 MIN
- 13 FULL BODY MOBILITY 15 MIN
- 14 ACTIVE REST

WEEK THREE

- 15 RENEW 30 MIN
- 16 TOTAL BODY 15 MIN
- 17 ACTIVE REST
- 18 JUST GLUTES 20 MIN
- 19 ENERGISE EXPRESS 20 MIN
- 20 DAILY STRETCH & MOBILITY 15 MIN
- 21 ACTIVE REST

WEEK FOUR

- 22 ENERGISE FULL BODY 30 MIN
- 23 SCULPT FULL BODY 15 MIN
- 24 ACTIVE REST
- 25 TOTAL TONE LEGS 20 MIN
- 26 EXPRESS 20 MIN STANDING
- 27 COMPLETE STRETCH 20 MIN
- 28 ACTIVE REST