

WEEK 2

TONE & SCULPT

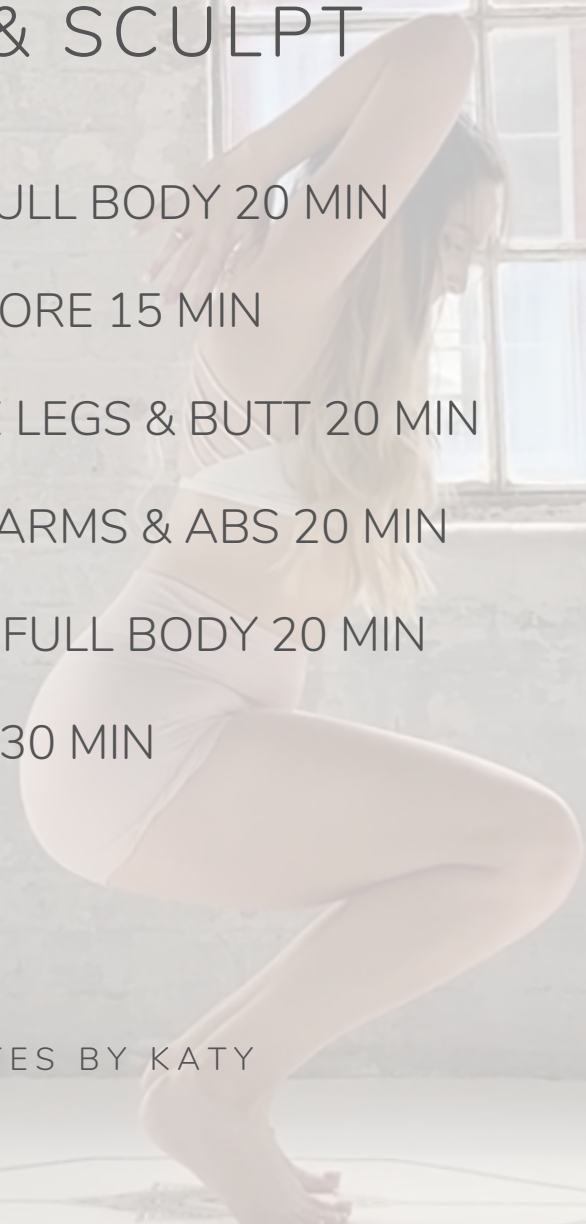
DAY 8	ULTIMATE FULL BODY 30 MIN
DAY 9	CORE 20 MIN
DAY 10	IGNITE LOWER BODY 19 MIN
DAY 11	IGNITE UPPER BODY 17 MIN
DAY 12	DYNAMIC FULL BODY 30 MIN
DAY 13	RESTORE 20 MIN

WEEK 3

STONE TONE & SCULPT

- DAY 15 SCULPT FULL BODY 20 MIN
- DAY 16 SCULPT CORE 15 MIN
- DAY 17 ULTIMATE LEGS & BUTT 20 MIN
- DAY 18 EXPRESS ARMS & ABS 20 MIN
- DAY 19 DYNAMIC FULL BODY 20 MIN
- DAY 20 RESTORE 30 MIN

PILATES BY KATY



WEEK 4

TONE & SCULPT

- DAY 22 EXPRESS STRENGTH 20 MIN
- DAY 23 SCULPT CORE 30 MIN
- DAY 24 LOWER BODY 34 MIN
- DAY 25 EXPRESS SCULPT FULL BODY 20 MIN
- DAY 26 FULL BODY IN 15 MIN
- DAY 27 DAILY STRETCH & MOBILITY 15 MIN