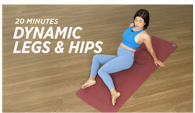


SCULPT & TONE BEGINNER 2.0

Get fit and look beautiful!

You will move with focus and precision, using a safe and low-impact pilates method. This is not a weight-loss program. The goal is to shape your body by adding muscle with the assistance of extra light resistance.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 20 min Standing Strong ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core & Hips + Weights ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Dynamic Legs & Hips ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Abs & Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Bones 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Stretch Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Standing Strong ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core & Hips + Weights ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Dynamic Legs & Hips ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Abs & Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Bones 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Stretch Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breath Work ☆☆☆☆☆	 15 min Hip & Knee Mobility ☆☆☆☆☆	 15 min Hip Strength ☆☆☆☆☆	 15 min Full Body Stretch ☆☆☆☆☆	 20 min Chest Stretching Exercises ☆☆☆☆☆		

You are welcome to add bonus classes
anywhere your body needs them.