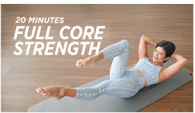


SCULPT & TONE INTERMEDIATE 2.0

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	 30 min Hip Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Pilates With Weight ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Abdominal & Hip Strength ☆☆☆☆☆	 30 min Feel Good Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Hip Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Arms Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core & Hips With Weight ☆☆☆☆☆	 30 min Full Body Challenge ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min Hip Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Pilates With Weight ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Abdominal & Hip Strength ☆☆☆☆☆	 30 min Feel Good Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Hip Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Arms Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core & Hips With Weight ☆☆☆☆☆	 30 min Full Body Challenge ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 30 min Total Body Stretch ☆☆☆☆☆	 20 min Full Core Strength ☆☆☆☆☆	 20 min Standing ABS Pilates Workout ☆☆☆☆☆	 30 min Standing Balanced ☆☆☆☆☆		

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