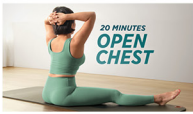
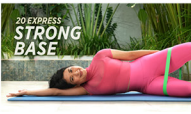
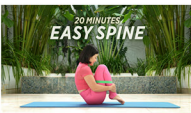
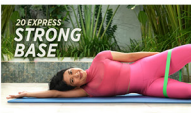
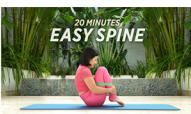
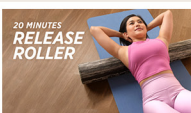


SCULPT & TONE WITH LOOP BAND BEGINNER

This Sculpt & Tone Loop Band Program will build strength, improve posture, and boost flexibility. This low-impact Pilates method uses a loop band for gentle resistance, perfect for all levels. You'll feel stronger, calmer, and more confident as you progress.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 20 min Open Chest ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Base Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Upper Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Strong Bones 1 Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Easy Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Dynamic Legs & Hips Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Strong Upper Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Base Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Bones 1 Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Open Chest ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Easy Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Dynamic Legs & Hips Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 15 min Abdominal & Hip Strength ☆☆☆☆☆	 15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆	 20 min Beginner Flow Mat 1 ☆☆☆☆☆	 20 min Release Roller ☆☆☆☆☆		

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