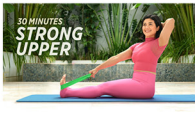
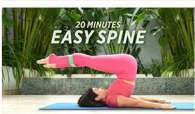


SCULPT & TONE WITH LOOP BAND INTERMEDIATE

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	 30 min Open Chest ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Band ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Upper ☆☆☆☆☆	 30 min Dynamic Spiral ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Core Connect ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Realigned Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Easy Spine ☆☆☆☆☆	 30 min Dynamic Legs & Hips ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min Strong Upper ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Band ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core Connect ☆☆☆☆☆	 30 min Open Chest ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Dynamic Legs & Hips ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Easy Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Re-Aligned Roller ☆☆☆☆☆	 30 min Dynamic Spiral ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breath Work ☆☆☆☆☆	 20 min Full Core Strength ☆☆☆☆☆	 20 min Hip Mobility ☆☆☆☆☆	 20 min Mat Flow 1 ☆☆☆☆☆	 20 min Release Roller ☆☆☆☆☆		

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