

BETTER POSTURE IN 5 DAYS CHALLENGE

What if you could look and feel your absolute best.
Have better posture, energize your body confidence, and be able to move
freely without aches and pains? I'll teach you how to regain your former
body in only five days. Your entire body will feel rejuvenate, open,
energized, and centered! Grab your mat and let's get started

How do I feel before starting the program?



Describe how you feel:

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Lateral Breathing & Abdominal Workout	Centering Your Body	Stretching & Strengthening Your Hips	Spinal Mobility & Flexibility	Postural Alignment & Pilates Mat Class
20 min	15 min	20 min	20 min	20 min
HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆

Well Done! How do I feel after 5 days in a row of Pilates?



Describe how you feel:

Print this, hang it, and tick it off each day as you go.
Spread the length of the program by adding rest days to suit your needs.
Please practice with care and be patience with your body.
For best results - sleep, eat healthy, and be kind to yourself.