



14 DAY PILATES CHALLENGE

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------|-------------------------------|-----------------------------|-------------------------------------|----------------------|---------------------|-----------------------------------|
| DAY 1 ABS | DAY 2 GLUTES | DAY 3 ARMS | DAY 4 WAIST | DAY 5 BACK | DAY 6 LEGS | DAY 7 STRETCH |
| DAY 8 POSTURE | DAY 9 BALANCE CHALLENGE | DAY 10 CARDIO PILATES | DAY 11 COORDINATION CHALLENGE | DAY 12 CORE BLAST | DAY 13 FULL BODY | DAY 14 STRETCH & RELAXATION |

1. Print off this calendar and hang it where you can see it.
2. Cross off your workouts each day as you complete them and enjoy the feeling of achievement!
3. Head to the Facebook Group and let me know how you went
4. You can also share on your facebook or instagram I love to see your posts so I can share them on my instagram and see them in the hashtag feed, Plus this helps inspire the larger community to move!
Remember to tag me at @epilatesonline and Hashtag #14daypilateschallenge so I can see your posts