

Shape & Tone

5 DAY BARRE CHALLENGE

#epochallenge



WORKOUT CHECKLIST

DAY 1

**Barre
Intro**

DAY 2

Core

DAY 3

Legs

DAY 4

Arms

DAY 5

Combo

Surprise

Be sure to check off your daily workout and post on social media, tagging @epilatesonline & hashtag #epochallenge

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