



Gorgeous
GLUTES
 IN 8 DAYS

MON 19 JULY	TUE 20 JULY	WED 21 JULY	THU 22 JULY
DAY 1	DAY 2	DAY 3	DAY 4
FRI 23 JULY	SAT 24 JULY	SUN 25 JULY	MON 26 JULY
DAY 5	DAY 6	DAY 7	DAY 8

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 on the daily class check in post.
4. You can also share on your facebook or instagram for a chance to be featured on my IG page!
 Remember to tag me at @epilatesonline and Hashtag #epochallenge so I can see your posts