

5 DAY POSTNATAL Challenge



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
ESSENTIAL POSTURE CORRECTIONS	DIASTASIS RECTI - SELF CHECK	WEIGHT LOSS TIPS	DEEP CORE ENGAGEMENT	SAFE & EFFECTIVE EXERCISES

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