

# STRONGER CORE

in 6 days



MON 12 APR	TUE 13 APR	WED 14 APR	THU 15 APR	FRI 16 APR	SAT 17 APR
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6

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 win giveaways!  
*Remember to tag me at @epilatesonline and Hashtag #epochallenge so I can see your posts*