



7Day

Mind & Body Rejuvenation Challenge

Yoga & breathing exercises to release tension, stress & anxiety

WORKOUT CHECKLIST

- Invite a friend to move with you
- Follow us on social media
- DAY 1
- DAY 2
- DAY 3
- DAY 4
- DAY 5
- DAY 6
- DAY 7
- Celebrate with us and share your wins!

Be sure to check off your daily workout and if you use social media, let us know how you're doing, post and tag us @epilatesonline & hashtag #epochallenge

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