



**10 DAY** STRENGTH  
AND TONE

*Pilates and Barre*

**HAND WEIGHT CHALLENGE**

## WORKOUT CHECKLIST

Invite a friend to move with you

Follow us on social media

DAY 1

DAY 6

DAY 2

DAY 7

DAY 3

DAY 8

DAY 4

DAY 9

DAY 5

DAY 10

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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