



10 DAY

# Pilates Band CHALLENGE

## WORKOUT CHECKLIST

- Invite a friend to move with you
- Follow us on social media
  

<input type="checkbox"/> DAY 1	<input type="checkbox"/> DAY 6
<input type="checkbox"/> DAY 2	<input type="checkbox"/> DAY 7
<input type="checkbox"/> DAY 3	<input type="checkbox"/> DAY 8
<input type="checkbox"/> DAY 4	<input type="checkbox"/> DAY 9
<input type="checkbox"/> DAY 5	<input type="checkbox"/> 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

