

# PLAYTIME

*Series*

Intermediate  
**LEVEL**



## WORKOUT CHECKLIST

- Invite a friend to move with you
- Follow us on social media
- ROLLER PLAYTIME (28M)**
- ROLLER PLAYTIME 2 (37M)**
- MAGIC CIRCLE PLAYTIME (24M)**
- OVERBALL PLAYTIME (31M)**
- 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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