

21 DAY PILATES MEETS STRENGTH REBOOT

total *package*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	<u>Total Body Banded Strength</u> 1	Rest, Stretch, or Walk 2	<u>Level Up Your Roll-Up Pilates Flow</u> 3	Rest, Stretch, or Walk 4	<u>Progressive Strength</u> 5	Rest, Stretch, or Walk 6	Rest, Stretch, or Walk 7
WEEK 2	<u>Push n' Pull Circuit Challenge</u> 1	Rest, Stretch, or Walk 2	<u>Stability Meets Flow Pilates Mat</u> 3	Rest, Stretch, or Walk 4	<u>Bands & Bells</u> 5	Rest, Stretch, or Walk 6	Rest, Stretch, or Walk 7
WEEK 3	<u>Metabolic Strength Circuit</u> 1	Rest, Stretch, or Walk 2	<u>Arms, Abs, & A\$\$ Pilates Mat</u> 3	Rest, Stretch, or Walk 4	<u>Full Body Blast!</u> 5	Rest, Stretch, or Walk 6	Rest, Stretch, or Walk 7

<https://gettotalpackage.com/21-day-pilates-strength-reboot/>