

#Po5Challenge ~ Get Leaner! Level 1

DAY	DAY	DAY	DAY	DAY	DAY
1	2	3	4	5	6
Total Body Tune Up (52 min)	Strong,Svelte&Savvy: Gentle Ab Workout (11 min) Strong,Svelte&Savvy: Lean, Lithe Legs (18 min)	Streamline! Pilates Band Workout (20 min) Post Workout Stretch (14 min)	Technique & Fundamentals 1 (45 min)	Tighten & Tone with band (31 min)	Active Rest!
7	8	9	10	11	12
Corps Physique 1 (29min) Post Workout Stretch (14 min)	Total Body Tune Up (52 min)	Strong,Svelte&Savvy: Renew & Revitalize (20 min) Lean Legs & Butt (12 min)	Perfect Pilates Warmup (10 min) Total Body Blast 1 (20 min)	Streamline! Pilates Band Workout (20 min) Post Workout Stretch (14 min)	Technique & Fundamentals 1 (45 min) Post Workout Stretch (14 min)
13	14	15	16	17	18
Active Rest!	Corps Physique 1 (29min) Post Workout Stretch (14 min)	Strong,Svelte&Savvy: Gentle Ab Workout (11 min) Strong,Svelte&Savvy: Lean, Lithe Legs (18 min)	Streamline! Pilates Band Workout (20 min) Post Workout Stretch (14 min)	Twist & Tone with Band (47 min)	Perfect Pilates Warmup (10 min) Total Body Blast 1 (20 min)
19	20	21	22	23	24
Lose the Pooch (20 min) Strong,Svelte&Savvy: Back & Butt Toning (18 min)	Active Rest!	CARDIOLATES Barre Workout (49 min)	Tighten & Tone with band (31 min)	Strong,Svelte&Savvy: Gentle Ab Workout (11 min) Strong,Svelte&Savvy: Lean, Lithe Legs (18 min)	Twist & Tone with Band (47 min)
25	26	27	28	29	30
Stellar Stems with Band (43 min)	Perfect Pilates Warmup (10min) Total Body Blast 1 (20 min)	Active Rest!	Lose the Pooch (20 min) Strong,Svelte&Savvy: Back & Butt Toning (18 min)	CARDIOLATES Barre Workout (49 min)	Stellar Stems with Band (43 min)

#Po5Challenge ~ Get Stronger! Level 2

DAY	DAY	DAY	DAY	DAY	DAY
1	2	3	4	5	6
Power & Precision 1 (30 min) Post Workout Stretch (14 min)	Core Intensive Pilates Workout (20 min) Pilates Arm & Back Bonanza (18 min)	Energize & Elongate with Band (50 min)	"I Don't Have Time to Workout" Workout (9 min) Helium Butt Workout (21 min)	Power & Precision 2 (45 min)	Active Rest!
7	8	9	10	11	12
Morning Core Workout (30 min) Standing Stretch Band Workout (18 min)	Power & Precision 1 (30 min) Post Workout Stretch (14 min)	Strong,Svelte&Savvy: Lean, Lithe Legs (18 min) Strong,Svelte&Savvy: Strong, Shapely Arms (15 min)	Power & Precision 2 (45 min)	Energize & Elongate with Band (50 min)	Core Blast Pilates Workout (10 min) Helium Butt Workout 21(min)
13	14	15	16	17	18
Active Rest!	Plank Intense Mat Workout (42 min)	Strength & Challenge 1 (30 min) Post Workout Stretch (14 min)	Morning Core Workout (30 min) Standing Stretch Band Workout (18 min)	Strength & Challenge 2 (45 min)	Strong,Svelte&Savvy: Lean, Lithe Legs (18 min) Strong,Svelte&Savvy: Strong, Shapely Arms (15 min)
19	20	21	22	23	24
Classical Pilates Advanced Workout (45 min)	Active Rest!	Energize & Elongate with Band (50 min)	Strength & Challenge 1 (30 min) Post Workout Stretch (14 min)	Core Intensive Pilates Workout (20 min) Pilates Arm & Back Bonanza (18 min)	Strength & Challenge 2 (45 min)
25	26	27	28	29	30
Morning Core Workout (30 min) Pilates Arm & Back Bonanza (18 min)	Strength & Challenge 3 (30 min) Post Workout Stretch (14 min)	Active Rest!	Corps Physique Challenge (45 min)	"I Don't Have Time to Workout" Workout (9 min) Helium Butt Workout (21 min)	Classical Pilates Advanced Workout (45 min)

#Po5Challenge ~ Get Longer! Level 2

DAY	DAY	DAY	DAY	DAY	DAY
1	2	3	4	5	6
Strengthen, Sculpt & Stretch with Band (51 min)	Pilates For Flat Abs Fast (12 min) Anti-Gravity Buttsky Workout (15 min)	Corps Physique Level 3 (40 min)	Energize & Elongate with Band (50 min)	Pilates and Stretch Level 3 (32 min)	Active Rest!
7	8	9	10	11	12
Dancer's Legs and Butt Workout (51 min)	Free Your Neck (41 min) Pilates Flat Abs Fast! (12 min)	Stretch & Strengthen with Band (51 min)	Core Blast Pilates Workout (10 min) Beautiful Back Workout (20 min)	Bride to Be Workout (45 min)	Energize & Elongate with Band (50 min)
13	14	15	16	17	18
Active Rest!	Dancer's Legs and Butt Workout (51 min)	Pilates and Stretch Level 3 (32 min)	Corps Physique Level 3 (40 min)	Band Workout for a Dancer's Body (51 min)	Pilates and Stretch Level 3 (32 min)
19	20	21	22	23	24
Classical Pilates Advanced Workout (45 min)	Active Rest!	Bride to Be Workout (45 min)	Strengthen, Sculpt & Stretch with Band (51 min)	Pilates and Stretch Level 3 (32 min)	Band Workout for a Dancer's Body (51 min)
25	26	27	28	29	30
Core Blast Pilates Workout (10 min) Beautiful Back Workout (20 min)	Free Your Neck (41 min)	Active Rest!	Dancer's Legs and Butt Workout (51 min)	Energize & Elongate with Band (50 min)	Classical Pilates Advanced Workout (45 min)