

# #Po5Challenge ~ Get Longer! Level 1

DAY	DAY	DAY	DAY	DAY	DAY
1	2	3	4	5	6
Technique & Fundamentals 1 (45 min)	Perfect Pilates Warmup (10 min) Total Body Blast 1 (20 min)	Total Body Tune Up (52 min)	Morning Posture Prep (10 min) Lean Legs & Butt (12 min)	Dynamic Stretch & Tone with band (40 min)	Active Rest!
7	8	9	10	11	12
Free Your Neck (41 min) Strong, Sweaty & Savvy: Flat Abs in 15! (15 min)	Helium Butt (21 min) Post Workout Stretch (14 min)	Dynamic Stretch & Tone with band (40 min)	Perfect Pilates Warmup (10 min) Total Body Blast 1 (20 min)	Total Body Tune Up (52 min)	Technique & Fundamentals 1 (45 min) Post Workout Stretch (14 min)
13	14	15	16	17	18
Active Rest!	Morning Core Workout (30 min) Amazing Arms Workout with Band (20 min)	Total Body Tune Up (52 min)	Burn That Muffin Top (20 min) Lean Legs and Butt (12 min)	Strengthen, Sculpt & Stretch with Band (51 min)	Pilates and Stretch Level 3 (32 min)
19	20	21	22	23	24
Corps Physique Level 3 (40 min)	Active Rest!	Morning Core Workout (30 min) Pilates Arm & Back Bonanza (18 min)	Dynamic Stretch & Tone with band (40 min)	Morning Core Workout (30 min) Anti-Gravity Buttky Workout (15 min)	Total Body Tune Up (52 min)
25	26	27	28	29	30
CARDIOLATES Barre Workout (49 min)	Free Your Neck (41 min)	Active Rest!	Corps Physique Level 3 (40 min)	Pilates and Stretch Level 3 (32 min)	Strengthen, Sculpt & Stretch with Band (51 min)