

#Po5Challenge ~ Get Leaner! Level 2

DAY	DAY	DAY	DAY	DAY	DAY
1	2	3	4	5	6
3D Pilates Workout (43 min)	Melt the Muffin Top (20 min) Strong,Svelte&Savvy: Back & Butt Toning (18 min)	Stellar Stems with Band (43 min)	Beer Belly Buster (30 min) Strong,Svelte&Savvy: Arms & Core (14 min)	Energize & Elongate with Band (50 min)	Active Rest!
7	8	9	10	11	12
Power & Precision 2 (45 min)	Core Blast Pilates Workout (10 min) Beautiful Back Workout (20 min)	Twist & Tone with Band (47 min)	Melt the Muffin Top (20 min) Strong,Svelte&Savvy: Back & Butt Toning (18 min)	3D Pilates Workout (43 min)	Stellar Stems with Band (43 min)
13	14	15	16	17	18
Active Rest!	CARDIOLATES Barre Workout (49 min)	Pilates For Flat Abs Fast (12 min) Beautiful Back Workout (20 min)	Energize & Elongate with Band (50 min)	Burn That Muffin Top (20 min) Anti-Gravity Buttsky Workout (15 min)	Power & Precision 2 (45 min)
19	20	21	22	23	24
Twist & Tone with Band (47 min)	Active Rest!	3D Pilates Workout (43 min)	Stellar Stems with Band (43 min)	CARDIOLATES Barre Workout (49 min)	Energize & Elongate with Band (50 min)
25	26	27	28	29	30
Beer Belly Buster (30 min) Strong,Svelte&Savvy: Arms & Core (14 min)	Twist & Tone with Band (47 min)	Active Rest!	CARDIOLATES Barre Workout (49 min)	Core Blast Pilates Workout (10 min) Beautiful Back Workout (20 min)	Energize & Elongate with Band (50 min)