

#Po5Challenge ~ Get Stronger! Level 1

DAY	DAY	DAY	DAY	DAY	DAY
1	2	3	4	5	6
My First Pilates Workout 1 (45 min)	Perfect Pilates Warmup (10 min) Amazing Arms Workout with Band (20 min)	Morning Posture Prep (10 min) My First Pilates Workout 2 (22 min)	Technique & Fundamentals 1 (45 min)	Traveler's Morning Pilates Workout (11 min) Strong,Svelte&Savvy: Renew and Revitalize (20 min)	Active Rest!
7	8	9	10	11	12
Technique & Fundamentals 2 (30 min) Strong,Svelte&Savvy: Flat Abs in 15! (15 min)	Strong,Svelte&Savvy: Legs and Butt with Band (25 min)	My First Pilates Workout 1 (45 min)	Technique & Fundamentals 3 (30 min)	Perfect Pilates Warmup (10 min) Amazing Arms Workout with Band (20 min)	Traveler's Morning Pilates Workout (11 min) Strong,Svelte&Savvy: Renew and Revitalize (20 min)
13	14	15	16	17	18
Active Rest!	Technique & Fundamentals 1 (45 min)	Morning Posture Prep (10 min) Strong,Svelte&Savvy: Legs and Butt with Band (25 min)	Technique & Fundamentals 2 (30 min) Strong,Svelte&Savvy: Flat Abs in 15! (15 min)	Power & Precision 1 (30 min)	Morning Core Workout (30 min) Amazing Arms Workout with Band (20 min)
19	20	21	22	23	24
Power & Precision 2 (45 min)	Active Rest!	Morning Core Workout (30 min) Pilates Arm & Back Bonanza (18 min)	Strong,Svelte&Savvy: Legs and Butt with Band (25 min)	Strong,Svelte& Savvy: Renew & Revitalize (20 min) Strong,Svelte&Savvy: Flat Abs in 15! (15 min)	Traveler's Morning Pilates Workout (11 min) Standing Stretch Band Workout (18 min)
25	26	27	28	29	30
Power & Precision 1 (30 min)	Morning Core Workout (30 min) Pilates Arm & Back Bonanza (18 min)	Active Rest!	Morning Posture Prep (10 min) Power & Precision 3 (30 min)	Strong,Svelte&Savvy: Flat Abs in 15! (15 min) Standing Stretch Band Workout (18 min)	Power & Precision 2 (45 min)