

#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 Buttky 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)