

#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)