

30 DAYS WORKOUT CHALLENGE

30 Days

PILATES

Challenge



overhead reach



oblique rotation



lift and lower



scissors



crisscross

DAY 1

- ☐ 10 overhead reach
- ☐ 10 oblique rotation
- ☐ 10 lift and lower
- ☐ 10 scissors
- ☐ 10 crisscross

DAY 2

- ☐ 12 overhead reach
- ☐ 12 oblique rotation
- ☐ 12 lift and lower
- ☐ 12 scissors
- ☐ 12 crisscross

DAY 3

- ☐ 14 overhead reach
- ☐ 14 oblique rotation
- ☐ 14 lift and lower
- ☐ 14 scissors
- ☐ 14 crisscross

DAY 4

- ☐ 16 overhead reach
- ☐ 16 oblique rotation
- ☐ 16 lift and lower
- ☐ 16 scissors
- ☐ 16 crisscross

DAY 5

- ☐ 18 overhead reach
- ☐ 18 oblique rotation
- ☐ 18 lift and lower
- ☐ 18 scissors
- ☐ 18 crisscross

DAY 6

- ☐ 20 overhead reach
- ☐ 20 oblique rotation
- ☐ 20 lift and lower
- ☐ 20 scissors
- ☐ 20 crisscross

DAY 7

- ☐ 22 overhead reach
- ☐ 22 oblique rotation
- ☐ 22 lift and lower
- ☐ 22 scissors
- ☐ 22 crisscross

DAY 8

- ☐ 24 overhead reach
- ☐ 24 oblique rotation
- ☐ 24 lift and lower
- ☐ 24 scissors
- ☐ 24 crisscross

DAY 9

- ☐ 26 overhead reach
- ☐ 26 oblique rotation
- ☐ 26 lift and lower
- ☐ 26 scissors
- ☐ 26 crisscross

DAY 10

- ☐ 28 overhead reach
- ☐ 28 oblique rotation
- ☐ 28 lift and lower
- ☐ 28 scissors
- ☐ 28 crisscross

DAY 11

- ☐ 30 overhead reach
- ☐ 30 oblique rotation
- ☐ 30 lift and lower
- ☐ 30 scissors
- ☐ 30 crisscross

DAY 12

- ☐ 32 overhead reach
- ☐ 32 oblique rotation
- ☐ 32 lift and lower
- ☐ 32 scissors
- ☐ 32 crisscross

DAY 13

- ☐ 34 overhead reach
- ☐ 34 oblique rotation
- ☐ 34 lift and lower
- ☐ 34 scissors
- ☐ 34 crisscross

DAY 14

- ☐ 36 overhead reach
- ☐ 36 oblique rotation
- ☐ 36 lift and lower
- ☐ 36 scissors
- ☐ 36 crisscross

DAY 15

- ☐ 38 overhead reach
- ☐ 38 oblique rotation
- ☐ 38 lift and lower
- ☐ 38 scissors
- ☐ 38 crisscross

DAY 16

- ☐ 40 overhead reach
- ☐ 40 oblique rotation
- ☐ 40 lift and lower
- ☐ 40 scissors
- ☐ 40 crisscross

DAY 17

- ☐ 42 overhead reach
- ☐ 42 oblique rotation
- ☐ 42 lift and lower
- ☐ 42 scissors
- ☐ 42 crisscross

DAY 18

- ☐ 44 overhead reach
- ☐ 44 oblique rotation
- ☐ 44 lift and lower
- ☐ 44 scissors
- ☐ 44 crisscross

DAY 19

- ☐ 46 overhead reach
- ☐ 46 oblique rotation
- ☐ 46 lift and lower
- ☐ 46 scissors
- ☐ 46 crisscross

DAY 20

- ☐ 48 overhead reach
- ☐ 48 oblique rotation
- ☐ 48 lift and lower
- ☐ 48 scissors
- ☐ 48 crisscross

DAY 21

- ☐ 50 overhead reach
- ☐ 50 oblique rotation
- ☐ 50 lift and lower
- ☐ 50 scissors
- ☐ 50 crisscross

DAY 22

- ☐ 52 overhead reach
- ☐ 52 oblique rotation
- ☐ 52 lift and lower
- ☐ 52 scissors
- ☐ 52 crisscross

DAY 23

- ☐ 54 overhead reach
- ☐ 54 oblique rotation
- ☐ 54 lift and lower
- ☐ 54 scissors
- ☐ 54 crisscross

DAY 24

- ☐ 56 overhead reach
- ☐ 56 oblique rotation
- ☐ 56 lift and lower
- ☐ 56 scissors
- ☐ 56 crisscross

DAY 25

- ☐ 58 overhead reach
- ☐ 58 oblique rotation
- ☐ 58 lift and lower
- ☐ 58 scissors
- ☐ 58 crisscross

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