

FREE

**14
DAY**

PILATES CHALLENGE

INSTRUCTIONS:

Click the **bold text** on each day to access the full workout + guided video.
And be sure to tag @nourishmovelove on social!

DAY 01	DAY 02	DAY 03	DAY 04	DAY 05	DAY 06
Barre Pilates HIIT <i>30 Minutes</i>	Barre Strength <i>25 Minutes</i>	Cardio Barre and Pilates Abs <i>20 Minutes</i>	Mat Pilates <i>35 Minutes</i>	Pilates Class and Pilates Abs <i>35 Minutes</i>	Barre HIIT <i>30 Minutes</i>
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
Power Pilates <i>30 Minutes</i>	Barre Boxing <i>30 Minutes</i>	Pilates Core <i>15 Minutes</i>	Pilates Barre <i>25 Minutes</i>	Barre Blend <i>30 Minutes</i>	Cardio Barre <i>30 Minutes</i>

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RJ Alexander



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