

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 30 Minutes	Barre Strength 25 Minutes	Cardio Barre and Pilates Abs 20 Minutes	Mat Pilates 35 Minutes	Pilates Class and Pilates Abs 35 Minutes	Barre HIIT 30 Minutes
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
Power Pilates 30 Minutes	Barre Boxing 30 Minutes	Pilates Core 15 Minutes	Pilates Barre 25 Minutes	Barre Blend 30 Minutes	Cardio Barre 30 Minutes

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