

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

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Gamble,Arthur Thompson,Margaret Peteraf,2014-09-16 Essentials of Strategic Management 4e

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*Health* ,2007

### **The New York**

**Times Magazine** ,2005    *Inside Triathlon* ,2006    **The Jonesreport Plus** ,2008    Youth's Companion ,1899    *The*

*Spectator*, 1894    Harper's Weekly John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman  
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