

**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>Full Body Pilates</b> <i>30 Minutes</i>	<b>Barre Strength</b> <i>25 Minutes</i>	<b>Pilates Abs</b> <i>15 Minutes</i>	<b>Pilates HIIT</b> <i>30 Minutes</i>	<b>Pilates Class</b> <i>25 Minutes</i>	<b>Barre Blend</b> <i>30 Minutes</i>
DAY 08	DAY 09	DAY 10	DAY 11	DAY 12	DAY 13
<b>Power Pilates</b> <i>30 Minutes</i>	<b>Pilates Barre Class</b> <i>25 Minutes</i>	<b>Express Pilates</b> <i>15 Minutes</i>	<b>Cardio Barre</b> <i>30 Minutes</i>	<b>Barre Sculpt</b> <i>30 Minutes</i>	<b>Barre Boxing</b> <i>30 Minutes</i>