30 DAYS ULTIMATE BOX SET

DAY 1
DVD1: Flat Abs – Level 1 Pilates

DAY 2
DVD2: Total Body Tone – Total Body Workout

DAY 3
DVD3: Yoga + Pilates – Lower Body

DAY 4
DVD1: Flat Abs – Pilates for Posture

DAY 5
20 mins of general cardio exercises
DVD3: Yoga + Pilates – Sun Salutations

DAY 6
DVD2: Total Body Tone – Core Workout

DAY 7
Day off or DVD3: Yoga + Pilates – Sun Salutations

DAY 8
DVD1: Flat Abs – Level 2 Pilates
DVD3: Yoga + Pilates – Band Strengthening Workout

DAY 9
20 mins of general cardio exercises
DVD3: Yoga + Pilates – Core Workout

DAY 10
DVD2: Total Body Tone – Booty Workout
DVD2: Total Body Tone – Core Workout

DAY 11
DVD3: Yoga + Pilates – Upper Body Workout
DVD3: Yoga + Pilates – Lower Body Workout

DAY 12
30 mins of general cardio exercises
DVD1: Flat Abs – Pilates for Posture

DAY 13
DVD2: Total Body Tone – Total Body Workout

DAY 14
DVD1: Flat Abs – Standing Abs
DVD1: Flat Abs – Level 1 Pilates
DVD1: Flat Abs – Level 2 Pilates

DAY 15
40 mins of general cardio exercises
DVD2: Total Body Tone – Arms Workout

DAY 16
Day off or DVD3: Yoga + Pilates – Sun Salutations

DAY 17
DVD1: Flat Abs – Level 3 Pilates
DVD1: Flat Abs – Core Strengthener
DVD1: Flat Abs – Standing Abs Workout

DAY 18
DVD3: Yoga + Pilates – Lower Body Workout
DVD3: Yoga + Pilates – Band Strengthening Workout

DAY 19
40 mins of general cardio exercises
DVD3: Yoga + Pilates – Upper Body Workout
DVD3: Yoga + Pilates – Lower Body Workout

DAY 20
DVD2: Total Body Tone – Booty Workout
DVD2: Total Body Tone – Total Body Workout

DAY 21
DVD3: Yoga + Pilates – Upper Body Workout
DVD3: Yoga + Pilates – Lower Body Workout
DVD3: Yoga + Pilates – Upper Body with Weights Workout

DAY 22
DVD1: Flat Abs – Supercharged Abs Workout
DVD1: Flat Abs – Standing Abs Workout

DAY 23
40 mins of general cardio exercises
DVD1: Flat Abs – Pilates for Posture
DVD3: Yoga + Pilates – Core Workout

DAY 24
Day off or DVD3: Yoga + Pilates – Sun Salutations

DAY 25
DVD2: Total Body Tone – Arms Workout
DVD2: Total Body Tone – Core Workout
DVD2: Total Body Tone – Back Workout

DAY 26
DVD1: Flat Abs – Supercharged Abs Workout
DVD1: Flat Abs – Level 3 Pilates
DVD1: Flat Abs – Standing Abs Workout

DAY 27
DVD2: Total Body Tone – Total Body Workout
DVD2: Total Body Tone – Booty Workout
DVD2: Total Body Tone – Core Workout
DVD2: Total Body Tone – Back Workout

DAY 28
DVD3: Yoga + Pilates – Sun Salutations Workout
DVD3: Yoga + Pilates – Lower Body Workout
DVD3: Yoga + Pilates – Upper Body Workout
DVD3: Yoga + Pilates – Core Workout

DAY 29
DVD1: Flat Abs – Supercharged Abs Workout
DVD1: Flat Abs – Core Strengthener
DVD1: Flat Abs – Standing Abs Workout

DAY 30
DVD2: Total Body Tone – Total Body Workout
DVD2: Total Body Tone – Arms Workout
DVD2: Total Body Tone – Booty Workout