



30

DAYS TO FLAT ABS

DAY 1

Warm Up, Level 1 Pilates

DAY 2

Warm Up, Level 1 Pilates, Pilates For Posture

DAY 3

Warm Up, Level 1 Pilates, Standing Abs

DAY 4

Brisk 30 Minute Walk, Warm Up (to stretch after your walk)

DAY 5

Warm Up, Standing Abs, Level 2 Pilates

DAY 6

Warm Up, Level 1 Pilates, Level 2 Pilates, 20 Minute Walk

DAY 7

Warm Up, Pilates For Posture, Level 2 Pilates

DAY 8

Warm Up, Level 2 Pilates, Core Strengthener

DAY 9

Warm Up, Standing Abs, Core Strengthener, Pilates Level 2, Brisk 30 Minute Walk

DAY 10

Day Off (or 30 Minute Casual Walk or Swim)

DAY 11

Warm Up, Core Strengthener, Pilates Level 2, 30 Minute Walk

DAY 12

Warm Up, Pilates For Posture, Pilates Level 2, Core Strengthener

DAY 13

Warm Up, Standing Abs, Core Strengthener, Pilates Level 3

DAY 14

Warm Up, Pilates Level 1, Pilates Level 2, Pilates Level 3, Brisk 30 Minute Walk or Jog

DAY 15

Warm Up, Pilates Level 2, Supercharged Abs

DAY 16

Warm Up, Standing Abs, Level 2 Pilates, Level 3 Pilates

DAY 17

Warm Up, Brisk 45 Minute Walk, Swim, Jog or Cycle

DAY 18

Warm Up, Pilates Level 1, Pilates Level 2, Supercharged Abs

DAY 19

Warm Up, Pilates Level 3, Core Strengthener, 20 Minute Walk

DAY 20

Warm Up, Pilates Level 1, Supercharged Abs

DAY 21

Warm Up, Pilates Level 2, Core Strengthener, Supercharged Abs

DAY 22

Warm Up, Pilates For Posture, Pilates Level 3, Brisk 40 Minute Walk or Jog

DAY 23

Day Off, Well Done So Far!

DAY 24

Warm Up, Standing Abs, Core Strengthener, Supercharged Abs

DAY 25

Brisk 40 Minute Walk or Jog, Warm Up, Supercharged Abs

DAY 26

Warm Up, Pilates Level 3, Core Strengthener, Pilates Level 2

DAY 27

Warm Up, Pilates Level 1, Supercharged Abs, Pilates Level 3, Standing Abs

DAY 28

Warm Up, Pilates For Posture, Pilates Level 2, Pilates Level 3, Brisk 40 Minute Walk, Swim, Jog or Cycle

DAY 29

Warm Up, Standing Abs, Core Strengthener, Pilates Level 3, Supercharged Abs

DAY 30

Warm Up, Standing Abs, Pilates Level 2, Pilates Level 3, Supercharged Abs