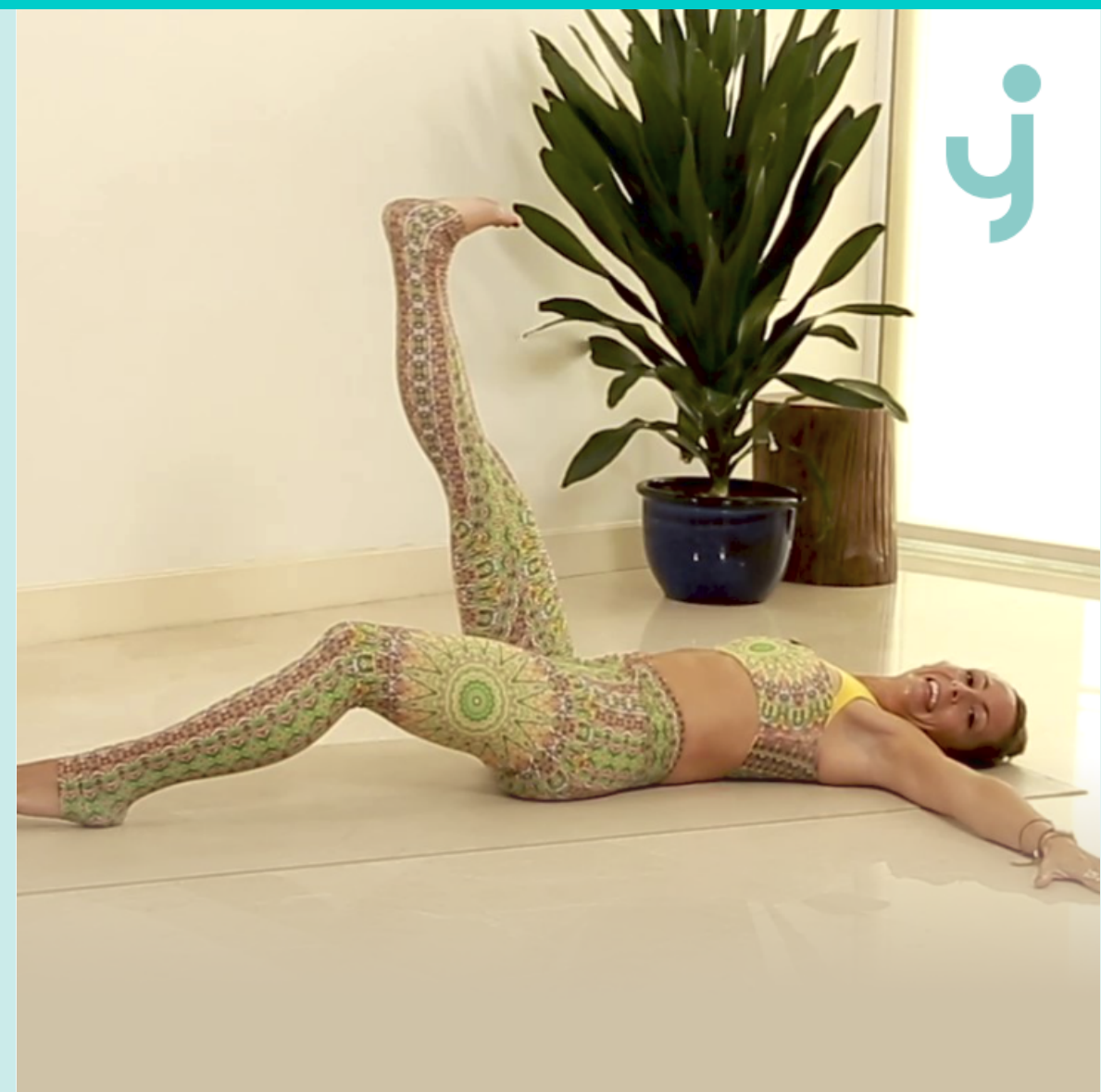

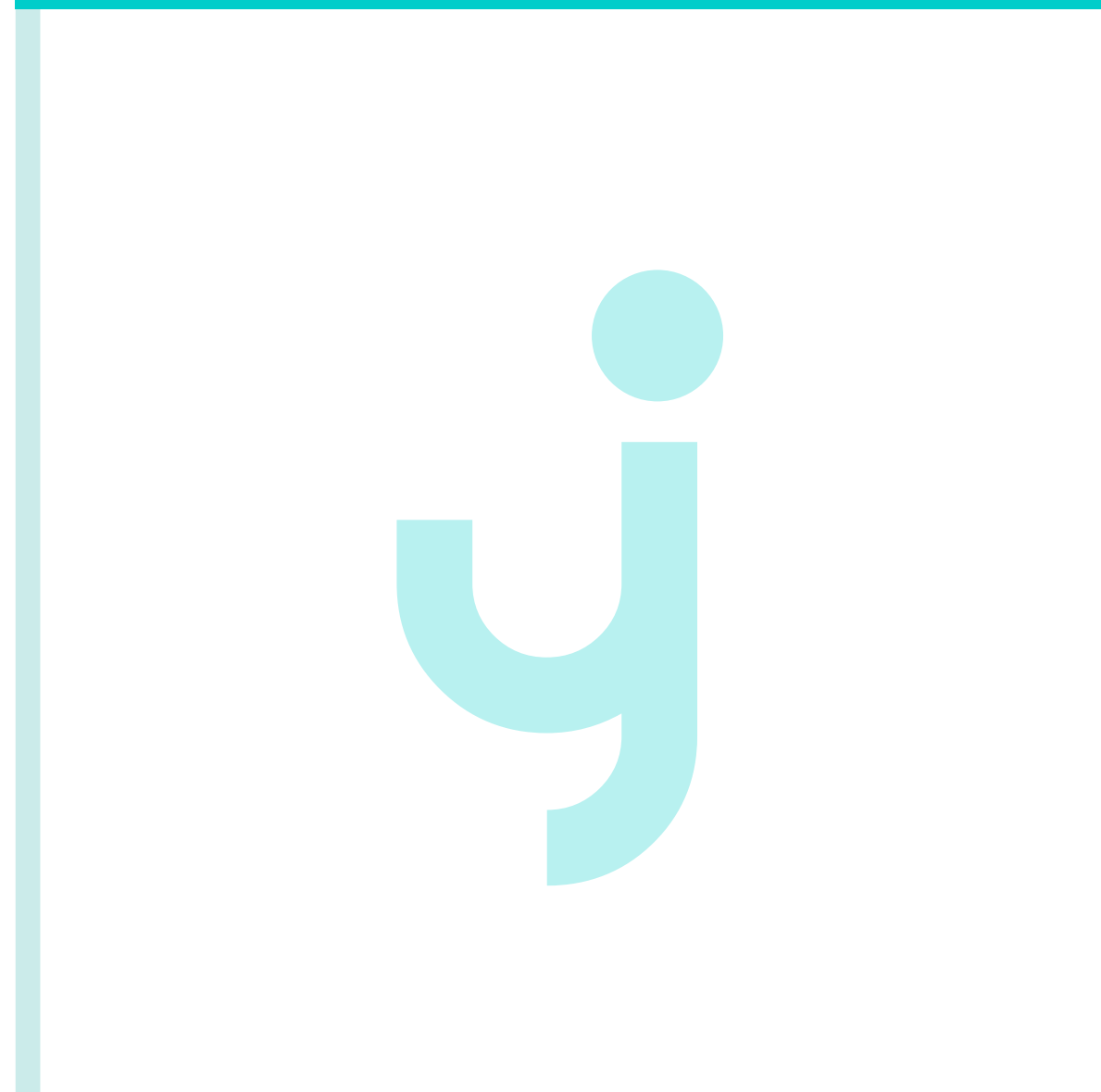
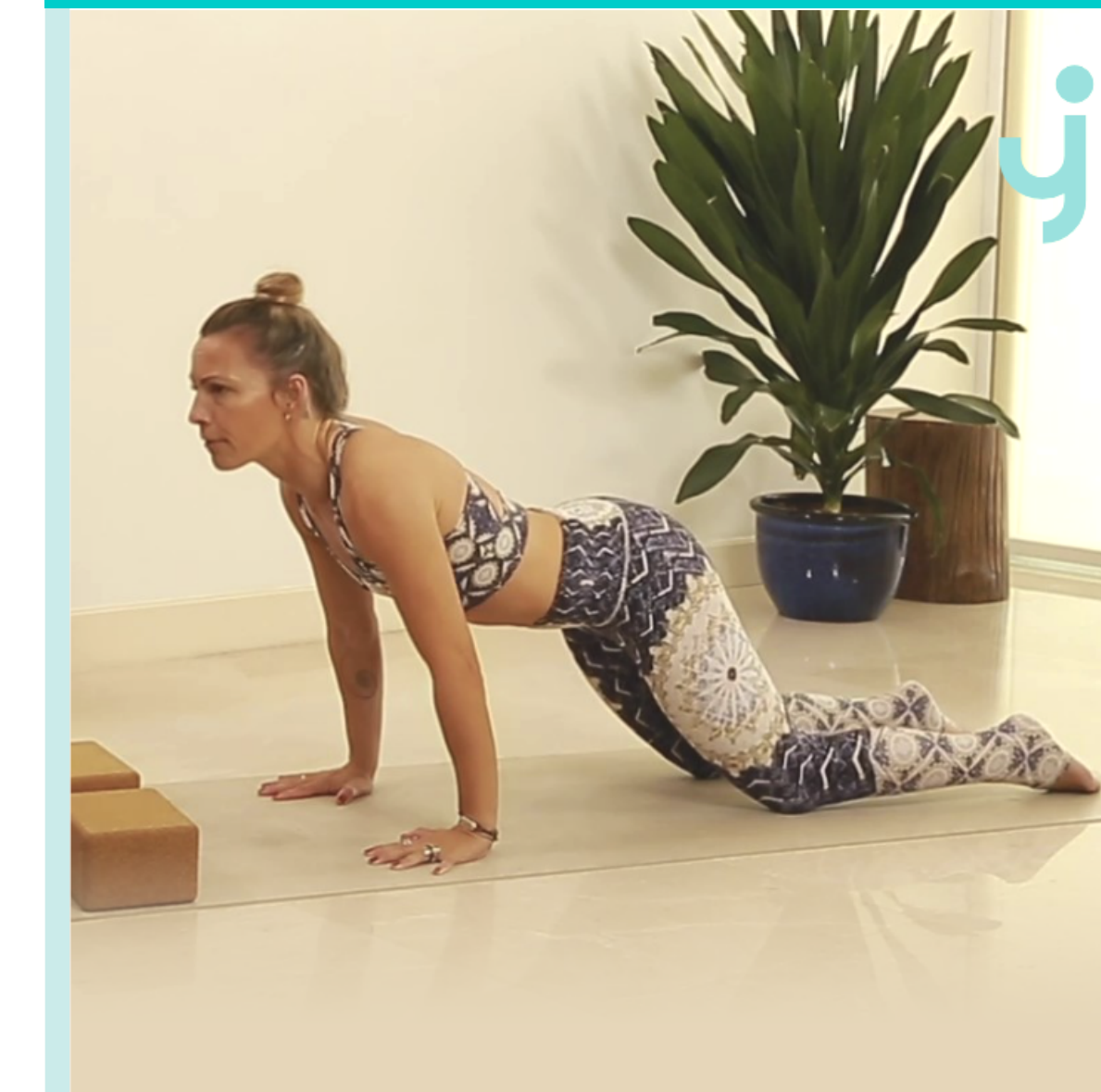
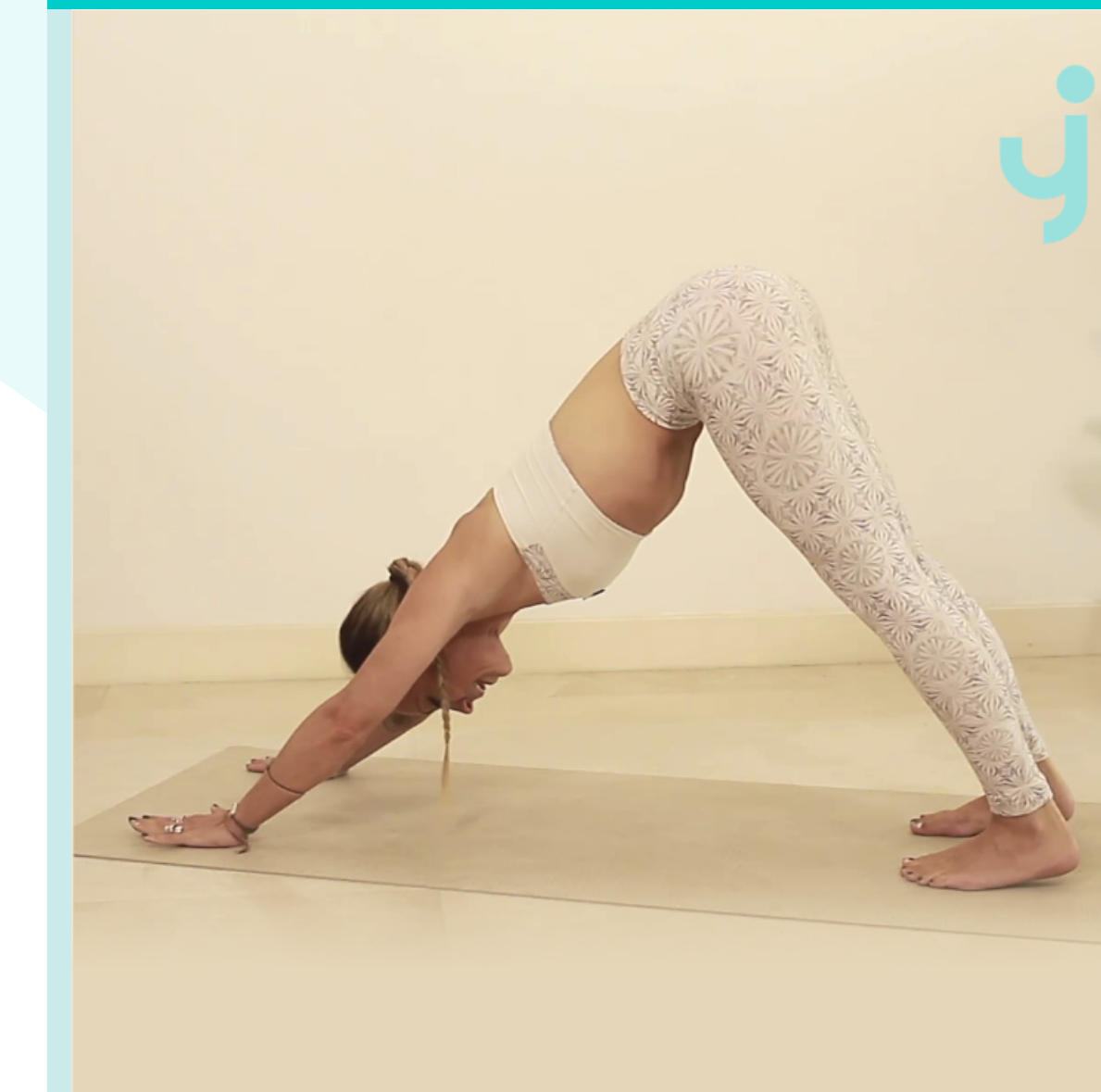



4 DAYS A WEEK PROGRAM

Recommended Weekly Schedule

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
					
Lower Body Mobility	Pilates		Upper Body Mobility	Yoga Flow	

The best of **Gy**(mnastics) + (Yo)**ga** + (Pi)**lates**