

# BUILD A STRONG CORE IN JUST 15 MINUTE STEPS

(Click on a routine and it will take you right to the video)



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LEVEL 1</b> 15 Minutes Per Day	<a href="#">15 Min Abs</a>	<a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Classic Pilates</a>	<a href="#">15 Min Legs &amp; Booty</a>	<a href="#">15 Min Abs</a> or <a href="#">15 Min Classic Pilates</a>	<a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Legs &amp; Booty</a>
<b>LEVEL 2</b> 30 Minutes Per Day	<a href="#">15 Min Abs</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Stretch</a>	<a href="#">15 Min Abs</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Stretch</a>	<a href="#">15 Min Abs</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Classic Pilates</a> <a href="#">15 Min Stretch</a>	REST or Foam Roll
<b>LEVEL 3</b> 45 Minutes 3x per week	<a href="#">15 Min Abs</a> <a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Stretch</a>	<a href="#">15 Min Abs</a> <a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Stretch</a>	<a href="#">15 Min Abs</a> <a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">15 Min Stretch</a> Rest or Foam Roll	<a href="#">15 Min Classic Pilates</a>
<b>LEVEL 4</b> 50 Minutes 3x per week + Cardio to Burn Fat	<a href="#">5 Min Cardio</a> <a href="#">15 Min Abs</a> <a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">20 Min Low Impact Cardio</a>	<a href="#">5 Min Cardio</a> <a href="#">15 Min Abs</a> <a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">20 Min Low Impact Cardio</a>	<a href="#">5 Min Cardio</a> <a href="#">15 Min Abs</a> <a href="#">15 Min Legs &amp; Booty</a> <a href="#">15 Min Arms &amp; Back</a>	<a href="#">45 Min Low Impact Fat Burning Cardio</a>	REST or Foam Roll