

# MONTHLY WORKOUT PLAN

Improve your Balance and Core Strength



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Practical Pilates	15 min Full Body Stretch	Motion Is Lotion for your Joints	15 min Full Body Stretch	20 min Low impact Cardio	Practical Pilates	<b>Rest</b>
Practical Pilates	15 min Full Body Stretch	Motion Is Lotion for your Joints	15 min Full Body Stretch	20 min Low impact Cardio	Practical Pilates	<b>Rest</b>
Pilates for a Strong Core	15 min Full Body Stretch	Motion Is Lotion for your Joints	15 min Full Body Stretch	20 min Low impact Cardio Quick and Dirty Abs	Practical Pilates	<b>Rest</b>
Pilates for a Strong Core	15 min Full Body Stretch	20 min Low impact Cardio Quick and Dirty Abs	15 min Full Body Stretch	Motion Is Lotion for your Joints	<b>Rest</b>	Fit Test Balance Test