



## 6 WEEK PROGRAM

Conduct your workouts in order (1,2,3...), or choose any workout you desire, and write down the corresponding workout number in the calendar below. After your workout #, place an "A" for a 20 min session or "B" for a 40 min session. Set a goal to complete at least two workouts a week and all 12 workouts in the six weeks.

### WORKOUTS

- #1 **Supine Abs Series**
- #2 **Knees & Side Legs Series**
- #3 **Slider Full Body Series**
- #4 **Supine & Side Abs Series**
- #5 **Kneeling Arms & Abs Series**
- #6 **Standing Legs & Arms Series**
- #7 **Standing & Floor Full Body Series**
- #8 **Plank & Supine Abs Series**
- #9 **Total Body Series**
- #10 **Floor Legs & Abs Series**
- #11 **Kneeling Arms & Abs Series**
- #12 **Back, Arms & Abs Series**

USE YOUR CAMERA PHONE TO  
ACCESS YOUR COREFIRST™  
PILATES PROGRAM HERE



[mycorefirst.com/pilates-program](https://mycorefirst.com/pilates-program)

## WORKOUT TRACKER

	MON	TUE	WED	THU	FRI	SAT	SUN
EXAMPLE	1 A			2 A		3 A	
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							
WEEK 5							
WEEK 6							



MYCOREFIRST



MYCOREFIRST



MYCOREFIRST.COM