



## 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	<b>Supine Abs Series</b>
#2	Knees & Side Legs Series
#3	<b>Slider Full Body Series</b>
#4	Supine & Side Abs Series
#5	<b>Kneeling Arms &amp; Abs Series</b>
#6	Standing Legs & Arms Series
#7	<b>Standing &amp; Floor Full Body Series</b>
#8	Plank & Supine Abs Series
#9	<b>Total Body Series</b>
#10	Floor Legs & Abs Series
#11	<b>Kneeling Arms &amp; Abs Series</b>
#12	Back, Arms & Abs Series

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## 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							