

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CENTERING SEQUENCE PLUS ONE MINUTE PLANK	2 MOBILITY SEQUENCE PLUS 30 SECOND FOREARM PLANK	3 EXTENSION PLUS 30 SECOND SIDE PLANK EACH SIDE	4 DYNAMIC STRETCH PLUS 30 SECOND RAISED LEG PLANK EACH LEG
5 BALANCING SEQUENCE PLUS ONE MINUTE FOREARM PLANK	6 PILLOW ABS PLUS 30 SECOND PLANK	7 5 - MINUTE PLANK SERIES	8 BEGGINER PILATES PLUS ONE MINUTE PLANK	9 TOWEL PILATES PLUS 30 SECOND FOREARM PLANK	10 HEART OPENER PLUS 30 SECOND SIDE PLANK EACH SIDE	11 DYNAMIC STRETCH PLUS 30 SECOND RAISED LEG PLANK EACH LEG
12 BRIDGING SEQUENCE PLUS ONE MINUTE FOREARM PLANK	13 RING IT OUT PLUS 30 SECOND PLANK	14 5 - MINUTE PLANK SERIES	15 BEGGINER PILATES PLUS ONE MINUTE PLANK	16 MOBILITY SEQUENCE PLUS 30 SECOND FOREARM PLANK	17 EXTENSION PLUS 30 SECOND SIDE PLANK EACH SIDE	18 DYNAMIC STRETCH PLUS 30 SECOND RAISED LEG PLANK EACH LEG
19 BALANCING SEQUENCE PLUS ONE MINUTE FOREARM PLANK	20 PILLOW ABS PLUS 30 SECOND PLANK	21 5 - MINUTE PLANK SERIES	22 FULL BODY PILATES PLUS ONE MINUTE PLANK	23 TOWEL PILATES PLUS 30 SECOND FOREARM PLANK	24 HEART OPENER PLUS 30 SECOND SIDE PLANK EACH SIDE	25 DYNAMIC STRETCH PLUS 30 SECOND RAISED LEG PLANK EACH LEG
26 BRIDGING SEQUENCE PLUS ONE MINUTE FOREARM PLANK	27 RING IT OUT PLUS 30 SECOND PLANK	28 5 - MINUTE PLANK SERIES				

WORKOUTS AND CALENDAR BROUGHT TO YOU BY FIND YOUR INTUITIVE BALANCE AND INTUITIVE BALANCE PILATES