









# 6 DAYS A WEEK PROGRAM

## Recommended Weekly Schedule

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
					
Lower Body Mobility	Upper Body Mobility	Pilates	Full Body Mobility	Pilates	Yoga Flow

The best of **Gy**(mnastics) + (Yo)**ga** + (Pi)**lates**