

# LEAN

Physiotherapist, Head Trainer & Founder of the LEAN App



# 7 DAY KILLER HIIT X PILATES

ADVANCED

*Lilly Sabri*

WORKOUT CHALLENGE

ADVANCED

**DAY 1**

**DAY 2**

**DAY 3**

**DAY 4**

**DAY 5**

**DAY 6**

**DAY 7**

Special Offer

# LEAN

Get access to the App-exclusive LEAN Method full-length programs, meal plans, nutritious recipes and more!

