

2 WEEK GUIDE

Physiotherapist, Head Trainer & Founder of the LEAN App



ADVANCED

# PILATES SCULPT & FAT BURN

LEAN

2 WEEK GUIDE

ADVANCED

## WEEK 1

START THE CHALLENGE

MON TUE WED THU FRI SAT SUN

Rest Day

TOTAL: 45m

TOTAL: 39m

TOTAL: 45m

TOTAL: 40m

TOTAL: 38m

TOTAL: 45m

Special Offer

# LEAN

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



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## WEEK 2

START THE CHALLENGE

MON

TUE

WED

THU

FRI

SAT

SUN

Rest Day

TOTAL: 41m

TOTAL: 45m

TOTAL: 41m

TOTAL: 38m

TOTAL: 40m

TOTAL: 41m

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