



LEAN

FULL BODY PILATES

HOURGLASS CHALLENGE

2 WEEK GUIDE

ADVANCED

Lilly Sabri

PHYSIOTHERAPIST, HEAD TRAINER & FOUNDER OF THE LEAN APP

HOURGLASS CHALLENGE

ADVANCED

WEEK 1

START THE CHALLENGE

MON TUE WED THU FRI SAT SUN

Rest Day

TOTAL: 39m

TOTAL: 36m

TOTAL: 40m

TOTAL: 41m

TOTAL: 43m

TOTAL: 43m

Special Offer

LEAN

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



HOURGLASS CHALLENGE

ADVANCED

WEEK 2

START THE CHALLENGE

MON TUE WED THU FRI SAT SUN

Rest Day

TOTAL: 40m

TOTAL: 43m

TOTAL: 43m

TOTAL: 42m

TOTAL: 45m

TOTAL: 45m

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