

2 WEEK GUIDE

LEAN

Physiotherapist, Head Trainer & Founder of the LEAN App



PILATES BODY GUIDE

ADVANCED

Lilly Sabri

2 WEEK GUIDE

ADVANCED

START THE CHALLENGE, YOU'VE GOT THIS!

BEGINNERS DO YOUTUBE WORKOUTS.
ADVANCED DO ALL WORKOUTS.

YOUTUBE WORKOUTS (BEGINNER)

MON	TUE	WED	THU	FRI	SAT	SUN
				Rest Day		
TOTAL: 20m	TOTAL: 18m	TOTAL: 20m	TOTAL: 18m		TOTAL: 16m	TOTAL: 15m

ADVANCED WORKOUTS

GET THE LEAN APP FOR ACCESS

MON	TUE	WED	THU	FRI	SAT	SUN
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FOR BEST RESULTS DO ALL WORKOUTS.

Special Offer

LEAN

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



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