



LEAN

PILATES
BODY SHAPE
& SCULPT

WORKOUT PLAN

ADVANCED

Lilly Sabri

PHYSIOTHERAPIST, HEAD TRAINER & FOUNDER OF THE LEAN APP

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: 14m	TOTAL: 15m	TOTAL: 14m	TOTAL: 15m		TOTAL: 14m	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!

