



LEAN

SUMMER METHOD

INTRODUCTION GUIDE
5 DAY STARTER EXERCISE PLAN

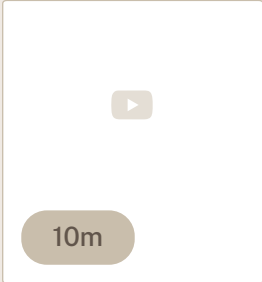
ADVANCED

Lilly Sabre

PHYSIOTHERAPIST, HEAD TRAINER & FOUNDER OF THE LEAN APP

WEEK 1

Start the challenge, click the thumbnails to access the workouts

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
				
TOTAL: 40m	TOTAL: 45m	TOTAL: 36m	TOTAL: 43m	TOTAL: 45m

Special Offer

LEAN

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

