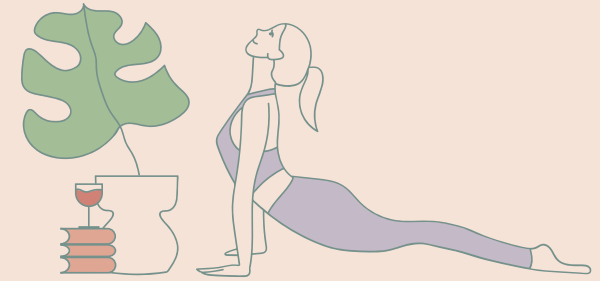


# PILATES WITH LOTTIE TWO WEEK PROGRAM

#PILATESWITHLOTTIE



	MON	TUE	WED	THU	FRI	SAT	SUN
WEEK ONE	<u>Everyday Pilates the Foundations</u>	<u>Everyday Pilates the Foundations</u> + <u>Everyday Abs and Core</u>	<u>Sunrise Pilates</u> + <u>Everyday Legs and Glutes</u>	<u>Everyday Pilates the Foundations</u> + <u>High Intensity Pilates</u>	<u>Ultimate Pilates Routine</u>	<u>Everyday Pilates the Foundations</u> + <u>High Intensity Pilates</u> + <u>Everyday Abs and Core</u>	<u>Pilates Mobility and Stretch</u>
WEEK TWO	<u>Ultimate Pilates Routine</u> + <u>Sculpting Balance Routine</u>	<u>Ultimate Pilates Routine</u> + <u>High Intensity Pilates</u>	<u>Sunrise Pilates</u> + <u>Everyday Abs and Core</u>	<u>High Intensity Pilates</u> + <u>Everyday Abs and Core</u>	<u>Ultimate Pilates Routine</u>	<u>Sunrise Pilates</u> + <u>High Intensity Pilates</u>	<u>Ultimate Pilates Routine</u> + <u>Pilates Mobility and Stretch</u>

## LOTTIE MURPHY

FEEL GOOD IN MIND AND BODY