

14 Day HOME WORKOUT CALENDAR



**FULL BODY
DUMBBELL WORKOUT
30 MINUTES**



**CARDIO
PILATES
WORKOUT**



**Body
Sculpting
Pilates
Workout**



**Abs &
Arms
Workout**



**Leg
Slimming
Butt &
Thigh
Workout**



DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

**BARRE: LEG
WORKOUT**



**FULL BODY
PILATES
SCULPT**



**Pilates Leg
Slimming
& Abs
Workout**



**Full Body
Dumbbell
Workout**



**Abs, Arm
& Butt
Workout**



DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

**Lower
Body Blast
w/ Mini Ball
Workout**



Cardio & Core HIIT Workout

**FULL BODY
BARRE
WORKOUT**



**Ab, Butt
& Thigh
Mini Ball
Workout**



DAY 11

DAY 12

DAY 13

DAY 14