

Core & Flow 14 DAY CHALLENGE

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A

10/12/14: Standing knee drivers

8/10/12: Bear hold foot lifts

2/4/6 Flow: Squat → calf raise → side reach

B

10/12/14: Standing elbow to knee crunch

8/10/12: Supine table top knee drops

2/4/6 Flow: Lunge back → squat → knee lift

C

10/12/14: Cross-body toe touch

8/10/12: Knee in twists

2/4/6 Flow: Squat → side lunge → side bend

D

10/12/14: Sumo squat side bends

8/10/12: Supine toe taps

2/4/6 Flow: Fwd crouch → squat → front kick

REST DAY

Active recovery

(walk, stretch or light movement)

CHOOSE YOUR LEVEL

Ease In: 1 round of the day's reps & flow, focus on control & technique.

Build Up: 2 rounds, short rests.

Power Through: 3 rounds, add light weights or pick up the pace.

