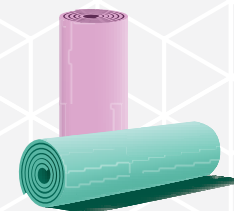


# LISA HUBBARD

# Beginner Pilates



I'll teach you mat Pilates in 3 short weeks! Check off the workouts as you go! Rate how great you feel! ★

Take your before photo!

|  |  |  |  |  |  |  |
|--|--|--|--|--|--|--|
| <p>01 <input type="checkbox"/></p> <p><b>PILATES<br/>FUNDAMENTALS<br/>1</b></p> <p>★★★★★</p> | <p>02 <input type="checkbox"/></p> <p><b>PILATES<br/>FUNDAMENTALS<br/>2</b></p> <p>★★★★★</p> | <p>03 <input type="checkbox"/></p> <p><b>PILATES<br/>FUNDAMENTALS<br/>1</b></p> <p>★★★★★</p> | <p>04 <input type="checkbox"/></p> <p><b>PILATES<br/>FUNDAMENTALS<br/>2</b></p> <p>★★★★★</p> | <p>05 <input type="checkbox"/></p> <p><b>HIPS, BUNS,<br/>AND THIGHS</b></p> <p>★★★★★</p> | <p>06 <input type="checkbox"/></p> <p><b>ABS &amp; CORE</b></p> <p>★★★★★</p> | <p>07 <input type="checkbox"/></p> <p><b>REST</b></p> <p>★★★★★</p> |
| <p>08 <input type="checkbox"/></p> <p><b>PILATES<br/>FLOW<br/>1</b></p> <p>★★★★★</p>         | <p>09 <input type="checkbox"/></p> <p><b>PILATES<br/>FLOW<br/>2</b></p> <p>★★★★★</p>         | <p>10 <input type="checkbox"/></p> <p><b>PILATES<br/>FLOW<br/>1</b></p> <p>★★★★★</p>         | <p>11 <input type="checkbox"/></p> <p><b>PILATES<br/>FLOW<br/>2</b></p> <p>★★★★★</p>         | <p>12 <input type="checkbox"/></p> <p><b>HIPS, BUNS,<br/>AND THIGHS</b></p> <p>★★★★★</p> | <p>13 <input type="checkbox"/></p> <p><b>ABS &amp; CORE</b></p> <p>★★★★★</p> | <p>14 <input type="checkbox"/></p> <p><b>REST</b></p> <p>★★★★★</p> |
| <p>15 <input type="checkbox"/></p> <p><b>PILATES<br/>BURN<br/>1</b></p> <p>★★★★★</p>         | <p>16 <input type="checkbox"/></p> <p><b>PILATES<br/>BURN<br/>2</b></p> <p>★★★★★</p>         | <p>17 <input type="checkbox"/></p> <p><b>PILATES<br/>BURN<br/>1</b></p> <p>★★★★★</p>         | <p>18 <input type="checkbox"/></p> <p><b>PILATES<br/>BURN<br/>2</b></p> <p>★★★★★</p>         | <p>19 <input type="checkbox"/></p> <p><b>HIPS, BUNS,<br/>AND THIGHS</b></p> <p>★★★★★</p> | <p>20 <input type="checkbox"/></p> <p><b>ABS &amp; CORE</b></p> <p>★★★★★</p> | <p>21 <input type="checkbox"/></p> <p><b>REST</b></p> <p>★★★★★</p> |

Take your after photo!

Short on time? Try Lisa's 20-minute Pilates and Express Pilates.

Explore Beachbody On Demand Interactive (BODi) for more Pilates, yoga, stretching, cycling, nutrition, and more.

