GLOW MUMMA

GLOW IN 20

20 minutes a day for 20 days will give you the full-body Pilates glow you deserve.

DAY	WORKOUT	DURATION
Day 1	Core Flavoured Full Body	18 mins
Day 2	Full Body Mat	26 mins
Day 3	Pre & Postnatal Core	22 mins
Day 4	Sunshine Sculpt	18 mins
Day 5	Ball Quickie	15 mins
	Standing Glutes	7 mins
Day 6	Burn Zone Glutes	17 mins
Day 7	Holiday Upper Body & Core	22 mins
Day 8	Holiday Lower Body	18 mins
Day 9	Essential Glutes 3	14 mins
	Burnzone Arms 1	7 mins
Day 10	BFF Booty	17 mins
Day 11	Prenatal Glutes	18 mins
Day 12	Reformer Arms & Ass	20 mins
Day 13	Strong Mumma Standing 1	23 mins
Day 14	Full Body Mat 2	19 mins
Day 15	Strong Mumma Standing 2	26 mins
Day 16	Wall Legs Quickie	7 mins
	Standing Arms 4	12 mins
Day 17	Go-to Glutes (pre/postnatal)	24 mins
Day 18	Standing Glutes 2	10 mins
	Prenatal Upper Body	11 mins
Day 19	Pre & Postnatal Peach	19 mins
Day 20	Barre Full Body Burner	20 mins

Check off each workout as you complete it.

For the Glow in 20 Pre & Postnatal Program, head to: mvmtsociety.com.au/glow-pre-and-postnatal