



# 30 Day Challenge

## Calendar

## Key



**Foundations**



**Flexibility Training**



**PFM Work**



**Off – Move Your Body**



**Workaholic Workout**

## Getting Started

### *Mirrors*

- I highly recommend practicing TILT in front of a mirror. Even an over-the-door mirror that you pull down and stand across from you. It helps so much with body awareness to watch yourself move – it's why dancers are so fabulous! A mirror (or reflection, computer monitor) both to the front and to the side will give you the ultimate biofeedback for excellent form.

### *Furniture Options & Space*






































- Any heavy piece of furniture can act as your barre: the dining room table, the kitchen sink. It just needs to be around the height of your hips. You'll need a mat unless you're on carpet, and I suggest a towel or stretchy band for resistance training.

### *Water*

- Since this is a low-intensity workout, you shouldn't need tons of water or be sweating profusely. We're working our body in a much subtler way. I encourage you to drink a glass before your routine, a few sips during and another glass after completion.

# 30 Day Challenge

*Click the symbols to view each video.*

1	2	3	4	5		
						
6	7	8	9	10	11	12
				  		 
13	14	15	16	17	18	19
				 		 
20	21	22	23	24	25	26
				 		 
27	28	29	30			
						

**TILT** by Oriana