



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			

