

# JANUARY 2021

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

LOGILATES

## 21 Day Tone

Jan 4th - Jan 24th

Take the #21DayTone Challenge  
Be active for 21 days straight  
for at least 21 minutes a day!

- 1.  10 Minute Full Body Warm Up
- 1.  10 Minute Anti-Bloating Cardio

- 2.  Core Chiseler

- 3.  20 Minute Quick THIGH & LEG workout

- 4.  21 Min All-In-One Tone



- 5.  20 minute Waist Whittler Cardio Pilates Workout

- 6.  30 Minute Extreme Butt Shaping Workout

- 7.  21 Min Ab Tone



- 8.  20 Minute Leg Slimming Cardio Pilates Workout

- 9.  The ULTIMATE Weightless Arm Sculpt

21 DAY TONE BEGINS! →

- 10.  21 Min Flexibility Fix

- 11.  21 Min Cardio Burn N' Tone



- 12.  21 Min All-In-One Tone



- 13.  21 Min Ab Tone

- 14.  21 Min Total Booty Tone

- 15.  30 Min Extreme Weightless Arm Toner



- 16.  30 minute EXTREME Pilates Thigh Workout



You can do it! Don't give up!

- 17.  21 Min Flexibility Fix



- 18.  21 Min Cardio Abs

- 19.  21 Min Total Booty Tone

- 20.  21 Min All-In-One Tone

- 21.  21 Min Total Arm Tone



- 22.  21 Min Ab Tone

- 23.  21 Min Cardio Burn N' Tone

Almost there! Dont stop now!

21 DAY TONE

- 24.  21 Min Flexibility Fix

- 25.  Extreme Abs Workout

- 26.  Abs, Butt and Thighs

- 27.  20 Minute Lean Arms Cardio Pilates Workout

- 28.  20 minute Booty Lift Cardio Pilates Workout

- 29.  20 Minute Inner Thigh Isolate Workout

- 30.  Lean & Sculpted Body

ENDS! 🎉

- 31.  Feel-Good Stretches for Splits

### 21 DAY TONE RULES:

1. Download Body by Blogilates app (free) to follow along.
2. Take a before photo.
3. Complete the workout of the day.
4. Drink at least 64 fl oz of water every day.
5. Replace refined carbs with veggies.
6. Replace processed, sugary foods with fruit.
7. Take an after photo and share your results #21DayTone

DOWNLOAD THE NEW

**BODY**  
by LOGILATES

Get it on Google Play

Download on the App Store

