

# Summer Sculpt

HOW TO FOLLOW THIS CALENDAR: 1. Complete your daily workout by going to: [blogilates](#)  
 2. Want to kick things up a notch? Complete the daily challenges!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<b>Day 1</b> <input type="checkbox"/> WO: Lean, Long & Lifted From Head to Toe <input type="checkbox"/> Post a pic of this calendar & why you're excited to start! Tag @blogilates and hashtag #summersculpt. <b>Giveaway Item:</b> Romper for You & a Friend!	<b>Day 2</b> <input type="checkbox"/> WO: Peach Booty & Thigh Shaper <input type="checkbox"/> Do 20 crunches. <b>Giveaway Item:</b> Dream Collection Set!	<b>Day 3</b> <input type="checkbox"/> WO: Toned Tank Top Arms & Back <input type="checkbox"/> Text a compliment to a friend. <b>Giveaway Item:</b> Melt in my Arms Cardigan	<b>Day 4</b> <input type="checkbox"/> WO: Abdominal Etcher & Butt Enhancer <input type="checkbox"/> Do 10 lunges on each side. <b>Giveaway Item:</b> \$200 POPFLEX gift card	<b>Day 5</b> <input type="checkbox"/> WO: Snatched Waist & Shapely Thighs <input type="checkbox"/> Do 20 Russian twists. <b>Giveaway Item:</b> Matching Tee & Socks for You & a Friend	<b>Day 6</b> <input type="checkbox"/> Feel-Good Stretches for Splits <input type="checkbox"/> Do 50 calf raises. <b>Giveaway Item:</b> Vegan Suede Yoga Mat	<b>Day 7</b> <input type="checkbox"/> Fat Melter & Ab Trainer <input type="checkbox"/> Post a pic saying you completed the first 7 days of the #summersculpt! <b>Giveaway Item:</b> A Bundle of Summer Products!
WEEK 2	<b>Day 8</b> <input type="checkbox"/> WO: Lean, Long & Lifted From Head to Toe <input type="checkbox"/> Text someone to tell them you love them.	<b>Day 9</b> <input type="checkbox"/> WO: Peach Booty & Thigh Shaper <input type="checkbox"/> Do a 1 min wall sit.	<b>Day 10</b> <input type="checkbox"/> WO: Toned Tank Top Arms & Back <input type="checkbox"/> Do 20 plie squats.	<b>Day 11</b> <input type="checkbox"/> WO: Abdominal Etcher & Butt Enhancer <input type="checkbox"/> Ask a friend to work out with you today.	<b>Day 12</b> <input type="checkbox"/> WO: Snatched Waist & Shapely Thighs <input type="checkbox"/> Do 20 dancing dogs! (Go from down dog to up dog)	<b>Day 13</b> <input type="checkbox"/> Feel-Good Stretches for Splits <input type="checkbox"/> Start your day with 8 oz of water!	<b>Day 14</b> <input type="checkbox"/> Fat Melter & Ab Trainer <input type="checkbox"/> Do a 1 min plank.
WEEK 3	<b>Day 15</b> <input type="checkbox"/> WO: Lean, Long & Lifted From Head to Toe <input type="checkbox"/> Do 20 arm circles in each direction.	<b>Day 16</b> <input type="checkbox"/> WO: Peach Booty & Thigh Shaper <input type="checkbox"/> Stretch for 5 min.	<b>Day 17</b> <input type="checkbox"/> WO: Toned Tank Top Arms & Back <input type="checkbox"/> Do 20 bridges.	<b>Day 18</b> <input type="checkbox"/> WO: Abdominal Etcher & Butt Enhancer <input type="checkbox"/> Perform a random act of kindness!	<b>Day 19</b> <input type="checkbox"/> WO: Snatched Waist & Shapely Thighs <input type="checkbox"/> Do a 30 second side plank on each side.	<b>Day 20</b> <input type="checkbox"/> Feel-Good Stretches for Splits <input type="checkbox"/> Do 20 tricep dips.	<b>Day 21</b> <input type="checkbox"/> Fat Melter & Ab Trainer <input type="checkbox"/> Buy yourself flowers.
WEEK 4	<b>Day 22</b> <input type="checkbox"/> WO: Lean, Long & Lifted From Head to Toe <input type="checkbox"/> Do 10 Pilates roll-ups.	<b>Day 23</b> <input type="checkbox"/> WO: Peach Booty & Thigh Shaper <input type="checkbox"/> Write down 5 things that make you happy.	<b>Day 24</b> <input type="checkbox"/> WO: Toned Tank Top Arms & Back <input type="checkbox"/> Do 20 double leg lifts.	<b>Day 25</b> <input type="checkbox"/> WO: Abdominal Etcher & Butt Enhancer <input type="checkbox"/> Do 20 squats.	<b>Day 26</b> <input type="checkbox"/> WO: Snatched Waist & Shapely Thighs <input type="checkbox"/> Do 15 jumping jacks.	<b>Day 27</b> <input type="checkbox"/> Feel-Good Stretches for Splits <input type="checkbox"/> Close your eyes and take 10 deep inhaleds and exhales.	<b>Day 28</b> <input type="checkbox"/> Fat Melter & Ab Trainer <input type="checkbox"/> Post a pic saying you completed ALL 28 DAYS of the #summersculpt! CONGRATS!