

#BlogilatesXHealthChallenge

Cassey Ho's 30-Day Total Body Challenge

Get in amazing shape with the founder of POP Pilates and Blogilates.com

To see the moves, watch Cassey's workout videos at Health.com/total-body-challenge



DAY 1: Abs	DAY 2: Arms	DAY 3: Thighs	DAY 4: Cardio	DAY 5: Butt	DAY 6: Total Body
<input type="checkbox"/> 10 Windmill <input type="checkbox"/> 10 Crunch Twist <input type="checkbox"/> 10 The Wiggle <input type="checkbox"/> 10 Frogger Abs <input type="checkbox"/> 10 Scissor Sit-Ups	<input type="checkbox"/> 10 Oil Riggers <input type="checkbox"/> 10 Pushing Grasshopper <input type="checkbox"/> 10 Reverse Plank Triceps Dip <input type="checkbox"/> 10 Back Behinds <input type="checkbox"/> 10 Wing Pulses	<input type="checkbox"/> 10 Plié Squats <input type="checkbox"/> 10 Criss-Cross Scissors <input type="checkbox"/> 10 Bridge Butterflies <input type="checkbox"/> 10 Side Lunges <input type="checkbox"/> 10 Hot Potato		<input type="checkbox"/> 10 Cross Butt Kick <input type="checkbox"/> 10 Fire Hydrant + Heel Up <input type="checkbox"/> 10 T-Stand Pulses <input type="checkbox"/> 10 Heel Kicks <input type="checkbox"/> 10 Rainbow Butt	<input type="checkbox"/> 10 Windmill <input type="checkbox"/> 10 The Wiggle <input type="checkbox"/> 10 Oil Riggers <input type="checkbox"/> 10 Reverse Plank Triceps Dip <input type="checkbox"/> 10 Plié Squats <input type="checkbox"/> 10 Hot Potato <input type="checkbox"/> 10 Fire Hydrant + Heel Up
DAY 7: Rest	DAY 8: Abs	DAY 9: Arms	DAY 10: Thighs	DAY 11: Cardio	DAY 12: Butt
	<input type="checkbox"/> 15 Windmill <input type="checkbox"/> 15 Crunch Twist <input type="checkbox"/> 15 The Wiggle <input type="checkbox"/> 15 Frogger Abs <input type="checkbox"/> 15 Scissor Sit-Ups	<input type="checkbox"/> 15 Oil Riggers <input type="checkbox"/> 15 Pushing Grasshopper <input type="checkbox"/> 15 Reverse Plank Triceps Dip <input type="checkbox"/> 15 Back Behinds <input type="checkbox"/> 15 Wing Pulses	<input type="checkbox"/> 15 Plié Squats <input type="checkbox"/> 15 Criss-Cross Scissors <input type="checkbox"/> 15 Bridge Butterflies <input type="checkbox"/> 15 Side Lunges <input type="checkbox"/> 15 Hot Potato		<input type="checkbox"/> 15 Cross Butt Kick <input type="checkbox"/> 15 Fire Hydrant + Heel Up <input type="checkbox"/> 15 T-Stand Pulses <input type="checkbox"/> 15 Heel Kicks <input type="checkbox"/> 15 Rainbow Butt
DAY 13: Total Body	DAY 14: Rest	DAY 15: Abs	DAY 16: Arms	DAY 17: Thighs	DAY 18: Cardio
<input type="checkbox"/> 15 Windmill <input type="checkbox"/> 15 The Wiggle <input type="checkbox"/> 15 Oil Riggers <input type="checkbox"/> 15 Reverse Plank Triceps Dip <input type="checkbox"/> 15 Plié Squats <input type="checkbox"/> 15 Hot Potato <input type="checkbox"/> 15 Fire Hydrant + Heel Up		<input type="checkbox"/> 20 Windmill <input type="checkbox"/> 20 Crunch Twist <input type="checkbox"/> 20 The Wiggle <input type="checkbox"/> 20 Frogger Abs <input type="checkbox"/> 20 Scissor Sit-Ups	<input type="checkbox"/> 20 Oil Riggers <input type="checkbox"/> 20 Pushing Grasshopper <input type="checkbox"/> 20 Reverse Plank Triceps Dip <input type="checkbox"/> 20 Back Behinds <input type="checkbox"/> 20 Wing Pulses	<input type="checkbox"/> 20 Plié Squats <input type="checkbox"/> 20 Criss-Cross Scissors <input type="checkbox"/> 20 Bridge Butterflies <input type="checkbox"/> 20 Side Lunges <input type="checkbox"/> 20 Hot Potato	
DAY 19: Butt	DAY 20: Total Body	DAY 21: Rest	DAY 22: Abs	DAY 23: Arms	DAY 24: Thighs
<input type="checkbox"/> 20 Cross Butt Kick <input type="checkbox"/> 20 Fire Hydrant + Heel Up <input type="checkbox"/> 20 T-Stand Pulses <input type="checkbox"/> 20 Heel Kicks <input type="checkbox"/> 20 Rainbow Butt	<input type="checkbox"/> 20 Windmill <input type="checkbox"/> 20 The Wiggle <input type="checkbox"/> 20 Oil Riggers <input type="checkbox"/> 20 Reverse Plank Triceps Dip <input type="checkbox"/> 20 Plié Squats <input type="checkbox"/> 20 Hot Potato <input type="checkbox"/> 20 Fire Hydrant + Heel Up		<input type="checkbox"/> 25 Windmill <input type="checkbox"/> 25 Crunch Twist <input type="checkbox"/> 25 The Wiggle <input type="checkbox"/> 25 Frogger Abs <input type="checkbox"/> 25 Scissor Sit-Ups	<input type="checkbox"/> 25 Oil Riggers <input type="checkbox"/> 25 Pushing Grasshopper <input type="checkbox"/> 25 Reverse Plank Triceps Dip <input type="checkbox"/> 25 Back Behinds <input type="checkbox"/> 25 Wing Pulses	<input type="checkbox"/> 25 Plié Squats <input type="checkbox"/> 25 Criss-Cross Scissors <input type="checkbox"/> 25 Bridge Butterflies <input type="checkbox"/> 25 Side Lunges <input type="checkbox"/> 25 Hot Potato
DAY 25: Cardio	DAY 26: Butt	DAY 27: Total Body	DAY 28: Rest	DAY 29: Total Body	DAY 30: Cardio
	<input type="checkbox"/> 25 Cross Butt Kick <input type="checkbox"/> 25 Fire Hydrant + Heel Up <input type="checkbox"/> 25 T-Stand Pulses <input type="checkbox"/> 25 Heel Kicks <input type="checkbox"/> 25 Rainbow Butt	<input type="checkbox"/> 25 Windmill <input type="checkbox"/> 25 The Wiggle <input type="checkbox"/> 25 Oil Riggers <input type="checkbox"/> 25 Reverse Plank Triceps Dip <input type="checkbox"/> 25 Plié Squats <input type="checkbox"/> 25 Hot Potato <input type="checkbox"/> 25 Fire Hydrant + Heel Up		<input type="checkbox"/> 30 Windmill <input type="checkbox"/> 30 The Wiggle <input type="checkbox"/> 30 Oil Riggers <input type="checkbox"/> 30 Reverse Plank Triceps Dip <input type="checkbox"/> 30 Plié Squats <input type="checkbox"/> 30 Hot Potato <input type="checkbox"/> 30 Fire Hydrant + Heel Up	