



A FREE 10-Week Bike Challenge Plan (10PFS) from [Pilates for Sports](#)

RRP: USD \$50.00 (NZD \$75.00*)



A 10 WEEK CHALLENGE TO IMPROVE PERFORMANCE

Go faster on the bike with a Pilates Powerhouse. Pilates for Sports offer 'the ultimate strength and conditioning program of Pilates workouts, combined with technique training. The result being 'Powerhouse Performance'.

Over the course of the 10 Week Challenge (10PFS) you progress through a series of carefully constructed on-line exercises, each designed to improve your pedal stroke and enhance efficiency on the bike. Online workouts can be completed anywhere, anytime.

PLUS Coffee Club members who continue to use 10PFS after the initial free 10 weeks receive a 15% discount on 10PFS for as long as they remain members of the club!

*conversion rate subject to fluctuations