

# 5 DAY BEGINNER CHALLENGE

The secret to discovering your best is always consistency. Nothing beats turning up every day and developing good habits. I want you to move with me for 5 days in a row. No matter how you feel, every day is a Pilates day. We will rejuvenate your entire body and leave you feeling open, energized, and centered!

Grab your mat and let's get started.

How do I feel before starting the program?



Describe how you feel:

## DAY 1

Full Body Workout

10 min

HOW DO I FEEL?  
☆☆☆☆☆

## DAY 2

Shoulders & Thoracic Spine Mobility

15 min

HOW DO I FEEL?  
☆☆☆☆☆

## DAY 3

Pilates Workout

15 min

HOW DO I FEEL?  
☆☆☆☆☆

## DAY 4

Full Body Stretch

15 min

HOW DO I FEEL?  
☆☆☆☆☆

## DAY 5

Pilates Flow 3

20 min

HOW DO I FEEL?  
☆☆☆☆☆

Well Done! How do I feel after 5 days in a row of Pilates?



Describe how you feel:

Print this, hang it, and tick it off each day as you go.  
Spread the length of the program by adding rest days to suit your needs.  
Please practice with care and be patience with your body.  
For best results - sleep, eat healthy, and be kind to yourself.