

INTERMEDIATE MOBILITY CHALLENGES

Take your flexibility to the next level with this transformative challenge! This program thoughtfully builds on basic movements by incorporating deeper stretches and advanced movement patterns that systematically unlock tight areas and create lasting freedom throughout your body. You'll explore more complex ranges of motion while maintaining proper form and safety.

How do I feel before starting the challenge ?



Describe how you feel:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Spinal Rotation & Lateral Flexion	Hips & Knees Mobility	Full Spine Mobility	Spine Mobility	Pelvis Mobility	Hip Mobility	Shoulders & Thoracic Spine
20 min	30 min	30 min	45 min	30 min	20 min	30 min
HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆

Well Done! How do I feel after 7 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.