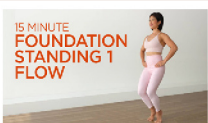
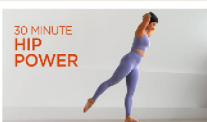
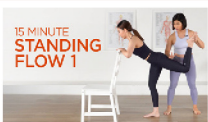
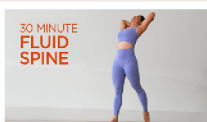


STANDING BEGINNER 1.0

Break free from your mat with this Standing Pilates Program.
Looking to strengthen your hips, legs, posture, reduce back pain,
and poor balance. By the end of the 28 days, you will have better strength,
balance, coordination, and posture. All while creating
Dynamic Stability through your body.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Foundation Standing 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Foundation Standing 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Rooting Your Foot ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hip Power ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Fluid Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Foundation Standing 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Rooting Your Foot ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Foundation Standing 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hip Power ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Fluid Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 10 min Standing Warm Up ☆☆☆☆☆	 10 min Abdominal Strength ☆☆☆☆☆	 15 min Full Body Stretch ☆☆☆☆☆	 15 min Lower Body Stretch ☆☆☆☆☆		

You are welcome to add bonus classes
anywhere your body needs them.