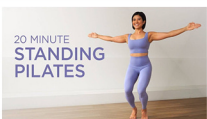


# STANDING INTERMEDIATE 1.0

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 |  <p>STANDING FLOW 1<br/><small>Intermediate Level</small></p> <p>15 min<br/>Standing Flow 1</p> <p>☆☆☆☆☆</p>     | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                       |  <p>STANDING FLOW 2<br/><small>Intermediate Level</small></p> <p>15 min<br/>Standing Flow 2</p> <p>☆☆☆☆☆</p>                   | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                    |  <p>LOWER BODY STRENGTH<br/><small>Intermediate</small></p> <p>20 min<br/>Lower Body Strength</p> <p>☆☆☆☆☆</p>                  |  <p>STANDING PILATES ABS<br/><small>Intermediate Level</small></p> <p>20 min<br/>Standing ABS Pilates</p> <p>☆☆☆☆☆</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| WEEK 2 |  <p>20 MINUTE STANDING BALL 1</p> <p>20 min<br/>Standing Ball 1</p> <p>☆☆☆☆☆</p>                                | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                       |  <p>20 MINUTE STANDING PILATES</p> <p>20 min<br/>Standing Pilates</p> <p>☆☆☆☆☆</p>                                            | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                    |  <p>30 MINUTE HIP POWER</p> <p>30 min<br/>Hip Power</p> <p>☆☆☆☆☆</p>                                                           |  <p>STANDING PILATES 1<br/><small>Intermediate</small></p> <p>30 min<br/>Standing Pilates 1</p> <p>☆☆☆☆☆</p>          | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| WEEK 3 |  <p>LOWER BODY STRENGTH<br/><small>Intermediate</small></p> <p>20 min<br/>Lower Body Strength</p> <p>☆☆☆☆☆</p> | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                       |  <p>STANDING FLOW 2<br/><small>Intermediate Level</small></p> <p>15 min<br/>Standing Flow 2</p> <p>☆☆☆☆☆</p>                 | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                    |  <p>20 MINUTE STANDING BALL 1</p> <p>20 min<br/>Standing Ball 1</p> <p>☆☆☆☆☆</p>                                              |  <p>STANDING FLOW 1<br/><small>Intermediate Level</small></p> <p>15 min<br/>Standing Flow 1</p> <p>☆☆☆☆☆</p>         | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| WEEK 4 |  <p>STANDING PILATES 1<br/><small>Intermediate</small></p> <p>30 min<br/>Standing Pilates 1</p> <p>☆☆☆☆☆</p>   | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                       |  <p>STANDING PILATES ABS<br/><small>Intermediate Level</small></p> <p>20 min<br/>Standing ABS Pilates</p> <p>☆☆☆☆☆</p>       | <p>ACTIVE REST DAY<br/>(see bonus videos)</p>                                                                                                                                                                    |  <p>20 MINUTE STANDING PILATES</p> <p>20 min<br/>Standing Pilates</p> <p>☆☆☆☆☆</p>                                            |  <p>30 MINUTE HIP POWER</p> <p>30 min<br/>Hip Power</p> <p>☆☆☆☆☆</p>                                                 | <p>ACTIVE REST DAY<br/>(see bonus videos)</p> |
| BONUS  |  <p>BONUS<br/>10 MINUTE BREATHING</p> <p>10 min<br/>Breathing</p> <p>☆☆☆☆☆</p>                                 |  <p>BONUS<br/>20 MINUTE SHOULDER &amp; UPPER CHEST STRETCH</p> <p>20 min<br/>Shoulder &amp; Upper Chest Stretch</p> <p>☆☆☆☆☆</p> |  <p>BONUS<br/>ABDOMINAL STRENGTH<br/><small>Intermediate Level</small></p> <p>15 min<br/>Abdominal Strength</p> <p>☆☆☆☆☆</p> |  <p>BONUS<br/>TOTAL BODY STRETCH<br/><small>Intermediate Level</small></p> <p>30 min<br/>Total Body Stretch</p> <p>☆☆☆☆☆</p> |  <p>BONUS<br/>LOWER BODY STRETCH<br/><small>Intermediate Level</small></p> <p>30 min<br/>Lower Body Stretch</p> <p>☆☆☆☆☆</p> |                                                                                                                                                                                                           |                                               |

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