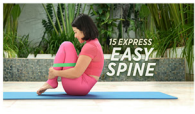
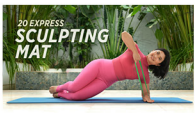
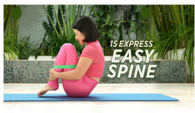
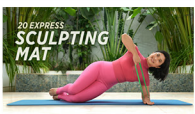
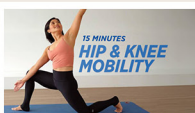


SMALL EQUIPMENT 2.0 BEGINNER

You'll use small equipment to challenge your strength, flexibility, and endurance. The Swiss Ball, Pilates Ring, Roller, and Band will mix up your practice and help you gain lasting results. By the end of the program, you'll notice improved posture, increased energy, and a deeper connection with your body. Let's get moving!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Easy Spine Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Release Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Spinalicious ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Power Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Sculpting Mat Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Easy Spine Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Spinalicious ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Release Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Power Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Sculpting Mat Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breathing ☆☆☆☆☆	 15 min Abs & Glutes Workout ☆☆☆☆☆	 20 min Upper Body Stretch ☆☆☆☆☆	 15 min Hip & Knee Mobility ☆☆☆☆☆	 20 min Standing Pilates With Weights ☆☆☆☆☆		

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