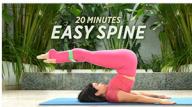
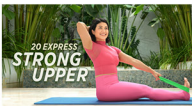
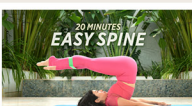
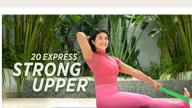


SMALL EQUIPMENT 2.0 INTERMEDIATE

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	 20 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Easy Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Power Legs ☆☆☆☆☆	 30 min Re-Energise Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Spinalicious ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Upper Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Inner Thighs ☆☆☆☆☆	 30 min Balance Breakthrough ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min Power Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Easy Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core Confidence ☆☆☆☆☆	 30 min Re-Energise Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Inner Thighs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strong Upper Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spinalicious ☆☆☆☆☆	 30 min Balance Breakthrough ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 20 min Abs & Back Workout ☆☆☆☆☆	 20 min Shoulder Stretch ☆☆☆☆☆	 30 min Pelvis Mobility ☆☆☆☆☆	 30 min Traditional Mat With Weights ☆☆☆☆☆		

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