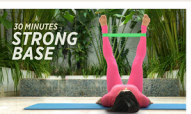


SMALL EQUIPMENT INTERMEDIATE 1.0

This 28-day Small Equipment Program is your next step. It's time to mix things up and add a little spice to your practice. Breathe new life into your pilates routine and keep your body on its toes.

	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 Release Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Resistance Band ☆☆☆☆☆	 20 min Standing Ball 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 30 min Pilates Ring Basic ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Base ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Re-Energise Roller ☆☆☆☆☆	 30 min Sculpting Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Release Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Resistance Band ☆☆☆☆☆	 20 min Standing Ball 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Pilates Ring Basic ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Strong Base ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Re-Energise Roller ☆☆☆☆☆	 30 min Sculpting Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 20 min Shoulders & Upper Chest Stretch ☆☆☆☆☆	 20 min Abdominal Flow 1 ☆☆☆☆☆	 20 min Spinal Rotation & Lateral Flexion ☆☆☆☆☆	 20 min Standing Strong Pilates ☆☆☆☆☆		

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