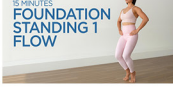


# 30 DAYS PRE PILATES CHALLENGES

Ready to build your Pilates foundation and transform your body?  
This comprehensive 30-day challenge is specifically designed to take you from complete beginner to confident, graceful mover through carefully structured, gentle classes that progressively strengthen your core muscles, dramatically improve your flexibility and mobility, and teach you proper form and alignment techniques

| DAY 1                                                                                                                                             | DAY 2                                                                                                                                             | DAY 3                                                                                                                                        | DAY 4                                                                                                                             | DAY 5                                                                                                                                         | DAY 6                                                                                                                                          | DAY 7                                                                                                                                      |
|---------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>20 min<br/>Just Move<br/>&amp; Breathe</p> <p>☆☆☆☆☆</p>      |  <p>20 min<br/>Core Strength</p> <p>☆☆☆☆☆</p>                    |  <p>20 min<br/>Pre Pilates<br/>Flow Mat 1</p> <p>☆☆☆☆☆</p>  |  <p>15 min<br/>Spine Mobility</p> <p>☆☆☆☆☆</p>   |  <p>15 min<br/>Pre Pilates<br/>Flow Mat 2</p> <p>☆☆☆☆☆</p>  |  <p>20 min<br/>Pre Pilates<br/>Flow Mat 3</p> <p>☆☆☆☆☆</p>  |  <p>20 min<br/>Lower Body<br/>Stretch</p> <p>☆☆☆☆☆</p>  |
|  <p>20 min<br/>Just Move<br/>&amp; Breathe</p> <p>☆☆☆☆☆</p>     |  <p>15 min<br/>Hip Strength</p> <p>☆☆☆☆☆</p>                    |  <p>20 min<br/>Pre Pilates<br/>Flow Mat 1</p> <p>☆☆☆☆☆</p> |  <p>10 min<br/>Pelvis Mobility</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Pre Pilates<br/>Flow Mat 2</p> <p>☆☆☆☆☆</p> |  <p>20 min<br/>Pre Pilates<br/>Flow Mat 3</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Upper Body<br/>Stretch</p> <p>☆☆☆☆☆</p> |
|  <p>15 min<br/>Foundation<br/>Standing 1 Flow</p> <p>☆☆☆☆☆</p> |  <p>10 min<br/>Back Strength</p> <p>☆☆☆☆☆</p>                  |  <p>20 min<br/>Beginner<br/>Flow Mat 1</p> <p>☆☆☆☆☆</p>   |  <p>10 min<br/>Foot Mobility</p> <p>☆☆☆☆☆</p>  |  <p>20 min<br/>Beginner<br/>Flow Mat 2</p> <p>☆☆☆☆☆</p>   |  <p>20 min<br/>Beginner<br/>Flow Mat 3</p> <p>☆☆☆☆☆</p>   |  <p>10 min<br/>Shoulder<br/>Stretch</p> <p>☆☆☆☆☆</p>  |
|  <p>15 min<br/>Foundation<br/>Standing 1 Flow</p> <p>☆☆☆☆☆</p> |  <p>10 min<br/>Abdominal<br/>Strength</p> <p>☆☆☆☆☆</p>         |  <p>20 min<br/>Beginner<br/>Flow Mat 1</p> <p>☆☆☆☆☆</p>   |  <p>10 min<br/>Hip Mobility</p> <p>☆☆☆☆☆</p>   |  <p>20 min<br/>Beginner<br/>Flow Mat 2</p> <p>☆☆☆☆☆</p>   |  <p>20 min<br/>Beginner<br/>Flow Mat 3</p> <p>☆☆☆☆☆</p>   |  <p>20 min<br/>Full Body<br/>Stretch</p> <p>☆☆☆☆☆</p> |
|  <p>15 min<br/>Foundation<br/>Standing 2 Flow</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Foundation<br/>Standing 2 Flow</p> <p>☆☆☆☆☆</p> |  <p>10 min<br/>Abdominal<br/>Strength</p> <p>☆☆☆☆☆</p>    |  <p>10 min<br/>Hip Mobility</p> <p>☆☆☆☆☆</p>   |                                                                                                                                               |                                                                                                                                                |                                                                                                                                            |

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