

4 - 5 DAYS PRACTICE BUILDING TO EVERYDAY BEGINNER

Build a consistent Pilates practice, starting small with just 15-20 minutes per day. It provides a clear plan to gradually increase from 4 days to 5 days per week, guiding you through each session. You'll develop strength, flexibility, and enjoy the benefits of a sustainable routine.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Foundation Standing 1 Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hip Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hip & Knee Mobility ☆☆☆☆☆
WEEK 2	 15 min Abdominal & Hip Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Shoulder Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Hips Mobility 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Full Back Strength ☆☆☆☆☆
WEEK 3	 15 min Everyday Core Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Back Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆	 15 min Legs Flow Express ☆☆☆☆☆	 15 min Flow Mat 2 Express ☆☆☆☆☆
WEEK 4	 15 min BASI Full Body Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Everyday Back Express ☆☆☆☆☆	 15 min Pilates Workout ☆☆☆☆☆	 15 min Upper Body Stretch ☆☆☆☆☆
BONUS	 10 min Breathing ☆☆☆☆☆	 10 min Standing Warm Up ☆☆☆☆☆	 10 min Pilates Core Strengthening ☆☆☆☆☆	 15 min Hips Mobility 2 ☆☆☆☆☆	 15 min Foundation Standing Flow 2 ☆☆☆☆☆		

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