

ABSOLUTE BEGINNER 3.0

I designed this program as the third month of your absolute beginner pilates practice. I also recommend this program if you're returning to pilates after a long break. Or if you have a serious injury and need to progress carefully. Remember to keep your body moving with active rest days.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 10 min Back Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Beginner Flow Mat 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Foot Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Beginner Flow Mat 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Pelvis Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Beginner Flow Mat 3 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Foundation Standing 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Foot Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Beginner Flow Mat 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Beginner Flow Mat 3 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Pelvis Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Beginner Flow Mat 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breath Work ☆☆☆☆☆	 15 min Full Body Stretch ☆☆☆☆☆	 20 min Chest Stretching Exercises ☆☆☆☆☆	 15 min Hip & Knee Mobility ☆☆☆☆☆	 15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆		

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