

3 - 4 DAYS PRACTICE

BUILDING TO EVERYDAY BEGINNER TO INTERMEDIATE

Build a consistent Pilates practice, starting small with just 15-20 minutes per day. It provides a clear plan to gradually increase from 3 days to 4 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 Flow 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Upper Body Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Abs & Glutes Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Hips & Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Full Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Upper Back Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Strong Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Pilates Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Everyday Spine Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Flow 1 ☆☆☆☆☆
WEEK 4	 15 min Quick Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Everyday Core Express ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Quick Flow 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Pilates Flow 2 ☆☆☆☆☆
BONUS	 15 min Breath Work ☆☆☆☆☆	 10 min Abdominal Strength ☆☆☆☆☆	 15 min Arm & Shoulder Strength ☆☆☆☆☆	 10 min Pilates Workout ☆☆☆☆☆	 15 min Shoulder Stretch ☆☆☆☆☆		

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