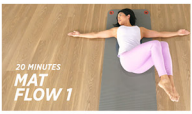


3 - 4 DAYS PRACTICE

BUILDING TO EVERYDAY 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	 20 min Mat Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spine Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hip Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min ABS Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spinal & Lateral Flexion ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Back Flow 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Obliques Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hip Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing ABS ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Shoulder Stretch ☆☆☆☆☆
WEEK 4	 20 min Hip Extensors Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min ABS Flow 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Pilates ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Shoulder & Upper Chest Workout ☆☆☆☆☆
BONUS	 20 min Breathing ☆☆☆☆☆	 15 min Full Body Workout ☆☆☆☆☆	 15 min Back Flow 1 ☆☆☆☆☆	 20 min Legs Flow ☆☆☆☆☆	 20 min Full Body Stretch ☆☆☆☆☆		

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