

INTERMEDIATE 2.0

These full-body Pilates workouts that are safe, progressive, and proven to connect your mind and body. When you feel like your practice is going nowhere, roll out your mat, and you'll experience a new challenge every class.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 20 min Hips Extensors strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Easy Intermediate Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Lower Body Stretch ☆☆☆☆☆	 60 min Strong Class ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Full Back Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Full Spine Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Upper Body Stretch ☆☆☆☆☆	 45 min Work it! Full Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 20 min Hips Extensors strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Upper Body Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Upper Body Stretch ☆☆☆☆☆	 60 min Strong Class ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Easy Intermediate Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Lower Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Full Spine Mobility ☆☆☆☆☆	 60 min Full Mat Show Down ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breath Work ☆☆☆☆☆	 10 min Abdominal Strength ☆☆☆☆☆	 5 min Back Support ☆☆☆☆☆	 5 min Criss Cross ☆☆☆☆☆	 5 min Leg Pull Back ☆☆☆☆☆		

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