

BASI PILATES INTERMEDIATE TRAINING PROGRAM

This program will guide you through the core principles of BASI Pilates.
Enhancing your strength, flexibility, and control with every session. Each day brings
an opportunity to explore and master the BASI Method. Join us to discover the power of
Pilates and unlock your body's full potential.

WEEK 1

DAY 1



30 min
Quick Full Body



DAY 2

ACTIVE
REST DAY
(see bonus
videos)

DAY 3



45 min
Full Body



DAY 4

ACTIVE
REST DAY
(see bonus
videos)

DAY 5



20 min
Mat Flow 1



DAY 6



60 min
Pilates Intermediate
Mat Workout



DAY 7



20 min
Breathing



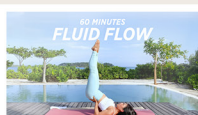
WEEK 2



30 min
Full Body
Workout



ACTIVE
REST DAY
(see bonus
videos)



60 min
Pilates Fluid
Flow Workout



ACTIVE
REST DAY
(see bonus
videos)



20 min
Mat Flow 2



60 min
Reformer on
the mat



20 min
Breathing



WEEK 3



30 min
Beginner Mat Flow



ACTIVE
REST DAY
(see bonus
videos)



60 min
Pilates Fluid
Flow Workout



ACTIVE
REST DAY
(see bonus
videos)



20 min
Mat Flow 1



60 min
Reformer on
the mat



20 min
Breathing



WEEK 4



30 min
Full Body
Workout



ACTIVE
REST DAY
(see bonus
videos)



45 min
Full Body



ACTIVE
REST DAY
(see bonus
videos)



20 min
Mat Flow 2



60 min
Pilates Intermediate
Mat Workout



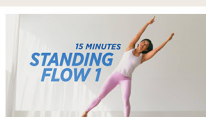
20 min
Breathing



BONUS



10 min
Abdominal Strength



15 min
Standing Flow 1



15 min
Shoulder & Thoracic
Spine Mobility



15 min
Full Body
Stretch



20 min
Quick Flow 1



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