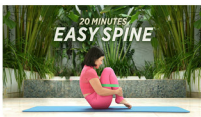
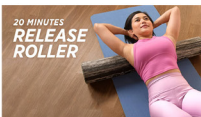


SMALL EQUIPMENT BEGINNER 1.0

This 28-day Small Equipment Program is your next step. It's time to mix things up and add a little spice to your practice. Breathe new life into your Pilates routine and keep your body on its toes.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strength x Pilates ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Ball Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Easy Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Power Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Release Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Strength x Pilates ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Ball Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Easy Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Power Legs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Release Roller ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breath Work ☆☆☆☆☆	 15 min Upper Body Stretch ☆☆☆☆☆	 20 min Lower Body Stretch ☆☆☆☆☆	 15 min Hip & Knee Mobility ☆☆☆☆☆	 15 min Shoulder & Thoracic Spine ☆☆☆☆☆		

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