

STANDING 2.0 BEGINNER

Break free from your mat with this Standing Pilates Program.
Looking to strengthen your hips, legs, posture, reduce back pain,
and poor balance. By the end of the 28 days, you will have better strength,
balance, coordination, and posture. All while creating
Dynamic Stability through your body.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 30 min Standing Pilates 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Better Posture ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Standing Balanced ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 2	 30 min Standing Aligned ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Standing Pilates Mixed Level ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing With Weights ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 3	 30 min Standing Balanced ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Better Posture ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Standing Aligned ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 4	 30 min Standing Pilates 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Standing Mixed Level ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing With Weights ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
BONUS	 30 min Full Body Pilates ☆☆☆☆☆	 10 min Warm Up Exercises ☆☆☆☆☆	 10 min Abdominal Strength ☆☆☆☆☆	 15 min Full Body Stretch ☆☆☆☆☆	 15 min Lower Body Stretch ☆☆☆☆☆		

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