

STANDING 2.0 INTERMEDIATE

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.

WEEK 1

DAY 1



30 min
Standing
Balanced

☆☆☆☆☆

DAY 2

ACTIVE
REST DAY
(see bonus
videos)

DAY 3



20 min
Standing Pilates
With Weights

☆☆☆☆☆

DAY 4

ACTIVE
REST DAY
(see bonus
videos)

DAY 5



30 min
Standing
Ball 2

☆☆☆☆☆

DAY 6



45 min
Grounding
Your Feet

☆☆☆☆☆

DAY 7



10 min
Breathing

☆☆☆☆☆

WEEK 2



20 min
Standing Pilates
With Band

☆☆☆☆☆

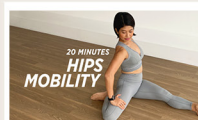
ACTIVE
REST DAY
(see bonus
videos)



45 min
Fluid
Spine

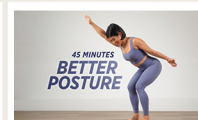
☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



20 min
Hips
Mobility

☆☆☆☆☆



45 min
Better
Posture

☆☆☆☆☆



10 min
Breathing

☆☆☆☆☆

WEEK 3



20 min
Hips
Mobility

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



20 min
Standing Pilates
With Weights

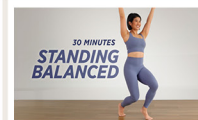
☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



45 min
Fluid
Spine

☆☆☆☆☆



30 min
Standing
Balanced

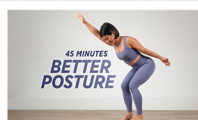
☆☆☆☆☆



10 min
Breathing

☆☆☆☆☆

WEEK 4



45 min
Better
Posture

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



30 min
Standing
Ball 2

☆☆☆☆☆

ACTIVE
REST DAY
(see bonus
videos)



20 min
Standing Pilates
With Band

☆☆☆☆☆



45 min
Grounding
Your Feet

☆☆☆☆☆



10 min
Breathing

☆☆☆☆☆

BONUS



15 min
Full Body
Pilates

☆☆☆☆☆



20 min
Shoulders & Upper
Chest Stretch

☆☆☆☆☆



10 min
Abdominal
Strength

☆☆☆☆☆



30 min
Total Body
Stretch

☆☆☆☆☆



30 min
Lower Body
Stretch

☆☆☆☆☆

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