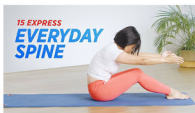


28 DAYS TO SPINAL FLEXIBILITY BEGINNER

This is transformative journey designed to unlock your spine's flexibility and strength. You'll combine the art and science of Pilates to nurture your spine, enhancing your mobility, and awaken a deeper sense of body awareness.

Each day, we'll explore exercises that mobilize your spinal column—from the lumbar up to your cervic spine.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 10 min Spine Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Back Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 2	 10 min Pelvis Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Back Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 3	 15 min Express Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Back Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Pelvis Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 4	 10 min Spine Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Back Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Shoulder & Thoracic Spine Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
BONUS	 10 min Pilates Workout ☆☆☆☆☆	 15 min Hips & Core ☆☆☆☆☆	 15 min Standing Spine & Shoulders Warm Up ☆☆☆☆☆	 15 min Beginner Flow Mat 2 ☆☆☆☆☆	 15 min Upper Body Stretch ☆☆☆☆☆		

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