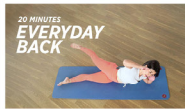
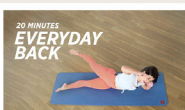
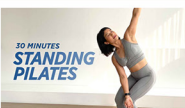
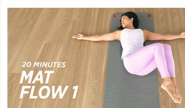


28 DAYS TO SPINAL FLEXIBILITY INTERMEDIATE

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	 20 min Spine Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core & Back 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spinal Rotation & Lateral Flexion Mobility ☆☆☆☆☆	 20 min Everyday Back ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
WEEK 2	 30 min Full Spine Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spine Rotation ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Spine Stretch & Mobility ☆☆☆☆☆	 30 min Dynamic Spine ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
WEEK 3	 20 min Spine Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Core & Back 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Full Spine Mobility ☆☆☆☆☆	 20 min Spine Rotation ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
WEEK 4	 30 min Dynamic Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spinal Rotation & Lateral Flexion Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	 30 min Spine Stretch & Mobility ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
BONUS	 30 min Core Connect ☆☆☆☆☆	 30 min Standing Pilates ☆☆☆☆☆	 20 min Hip Mobility ☆☆☆☆☆	 20 min Shoulder Stretch ☆☆☆☆☆	 20 min Mat Flow 1 ☆☆☆☆☆		

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