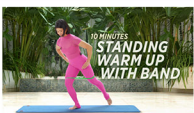
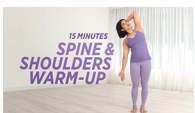


STANDING 3.0 BEGINNER

This 28-day Standing Pilates program will strengthen your core, improve balance, and boost energy. You'll target major muscle groups, enhancing posture and flexibility. It's low-impact, making it safe for daily practice.

Ready to stand tall and feel amazing?

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Standing Spine & Shoulder Warm Up ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Foundation Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Standing Pilates Warm Up With Band ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 2	 10 min Standing Pilates Warm Up With Ball ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Legs Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 3	 10 min Standing Pilates Warm Up With Band ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Spine & Shoulder Warm Up ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
WEEK 4	 10 min Standing Pilates Warm Up With Ball ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Legs Flow ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Foundation Standing Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 10 min Breathing ☆☆☆☆☆
BONUS	 10 min Abdominal Strength ☆☆☆☆☆	 15 min Upper Body Stretch ☆☆☆☆☆	 15 min Shoulders & Thoracic Spine Mobility ☆☆☆☆☆	 15 min Strong Legs ☆☆☆☆☆	 10 min Pilates Workout ☆☆☆☆☆		

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