

STANDING 3.0 INTERMEDIATE

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	 20 min Standing Strong Pilates Beginner ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Pilates ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Hip Power ☆☆☆☆☆	 30 min Standing Pilates Mixed Level ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
WEEK 2	 20 min Standing Strong Pilates Intermediate ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Pilates Abs ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Lower Body Strength ☆☆☆☆☆	 30 min Standing Ball 1 ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
WEEK 3	 20 min Standing Strong Pilates Beginner ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Standing Pilates Level Mixed ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Pilates Abs ☆☆☆☆☆	 20 min Standing Pilates ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
WEEK 4	 20 min Standing Strong Pilates Intermediate ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Lower Body Strength ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Standing Ball 1 ☆☆☆☆☆	 30 min Hip Power ☆☆☆☆☆	 20 min Breathing ☆☆☆☆☆
BONUS	 20 min Abs & Back Strength ☆☆☆☆☆	 20 min Shoulders & Upper Chest Stretch ☆☆☆☆☆	 20 min Hip Mobility ☆☆☆☆☆	 30 min Lower Body Stretch ☆☆☆☆☆	 20 min Mat Flow 1 ☆☆☆☆☆		

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