

5 DAYS BEGINNER BASI PRECISION CREATES POWER

Pilates precision creates power! You'll explore how focusing on perfect form can build your strength and endurance. Proper alignment protects you, while controlled motions amplify results. Creating a positive cycle that overflows into life. Small tweaks yield huge gains!

How do I feel before starting the program?



Describe how you feel:

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	RECOVERY
Breathe and Core	BASI Pilates Full Body Workout	Beginner Flow Mat 1	Pilates Flow 3	Hip Flow 1	Full Body Stretch
20 min	20 min	20 min	20 min	20 min	20 min
HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆	HOW DO I FEEL? ☆☆☆☆☆

Well Done! How do I feel after 5 days in a row of Pilates?



Describe how you feel:

Print this, hang it, and tick it off each day as you go.
Spread the length of the program by adding rest days to suit your needs.
Please practice with care and be patience with your body.
For best results - sleep, eat healthy, and be kind to yourself.