

5 DAYS INTERMEDIATE 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
Just Move!	Reformer on The Mat	Hip Focused 1 Short Mat	BASI Pilates Full Body Workout	Mat Flow 1	Total Body Stretch
30 min	30 min	30 min	30 min	30 min	30 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.