

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!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	30 min Just Move! ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	30 min Hip Focused 1 Short Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	30 min Mat Flow 1 ☆☆☆☆☆	30 min Spine Stretch & Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	30 min Feel Good Mat ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	20 min Abdominal Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	30 min Full Spine Mobility ☆☆☆☆☆	30 min Total Body Stretch ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	30 min Let's take it deeper ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	20 min Spine Flow 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	30 min Upper Body Stretch ☆☆☆☆☆	45 min BASI Checkpoints Intermediate 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	30 min Pilates Flow 3 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	30 min Back Workout ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	30 min Lower Body Stretch ☆☆☆☆☆	45 min BASI Checkpoints Intermediate 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	10 min Abdominal Strength ☆☆☆☆☆	20 min Shoulder Stretch ☆☆☆☆☆	20 min Spinal Rotation & Lateral Flexion ☆☆☆☆☆	15 min Back Flow 1 ☆☆☆☆☆	15 min Quick Pilates 1 ☆☆☆☆☆		

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