

INTERMEDIATE 3.0 JOURNEY

These balanced Pilates workouts combine flowing sequences with targeted strength and deep recovery sessions. When you're ready to add variety and depth to your practice, roll out your mat and discover how flow, strength, and flexibility work together in perfect harmony.

WEEK 1

DAY 1



20 min
Mat Flow 1



DAY 2

ACTIVE
REST DAY
(see bonus
videos)

DAY 3



20 min
Everyday Spine



DAY 4

ACTIVE
REST DAY
(see bonus
videos)

DAY 5



20 min
Hips Strength



DAY 6



30 min
Total Body
Stretch



DAY 7

ACTIVE
REST DAY
(see bonus
videos)

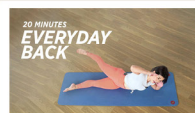
WEEK 2



20 min
Mat Flow 2



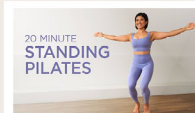
ACTIVE
REST DAY
(see bonus
videos)



20 min
Everyday Back



ACTIVE
REST DAY
(see bonus
videos)



20 min
Standing Pilates



30 min
Lower Body
Stretch



ACTIVE
REST DAY
(see bonus
videos)

WEEK 3



20 min
Mat Flow 1



ACTIVE
REST DAY
(see bonus
videos)



20 min
Everyday Spine



ACTIVE
REST DAY
(see bonus
videos)



20 min
Hips Strength



30 min
Total Body
Stretch



ACTIVE
REST DAY
(see bonus
videos)

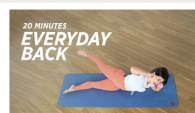
WEEK 4



20 min
Mat Flow 2



ACTIVE
REST DAY
(see bonus
videos)



20 min
Everyday Back



ACTIVE
REST DAY
(see bonus
videos)



20 min
Standing Pilates



30 min
Lower Body
Stretch



ACTIVE
REST DAY
(see bonus
videos)

BONUS



15 min
Breath Work



10 min
Abdominal
Strength



20 min
Stretch Flow 1



15 min
Standing Flow 1



20 min
Mat Flow 1



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