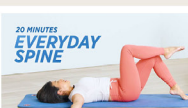


# MORNING PILATES BEGINNER

This gentle morning program wakes up your body with simple movements that feel amazing from the moment you roll out of bed. You'll begin with spine-awakening stretches that ease away overnight stiffness, then progress to warming movements that get your blood flowing.

Each class builds your energy naturally, creating strength and flexibility that carries you through your entire day.

|        | DAY 1                                                                                                                                         | DAY 2                                                                                                                                             | DAY 3                                                                                                                                           | DAY 4                                                                                                                                                          | DAY 5                                                                                                                                         | DAY 6                                                    | DAY 7                                                    |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------|
| WEEK 1 |  <p>25 min<br/>Gentle Spine<br/>Awakening</p> <p>☆☆☆☆☆</p>   | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                          |  <p>25 min<br/>Warm Up Your<br/>Temperature</p> <p>☆☆☆☆☆</p>   | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                                       |  <p>30 min<br/>Metabolism<br/>Kick-Start</p> <p>☆☆☆☆☆</p>   | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> |
| WEEK 2 |  <p>20 min<br/>Everyday<br/>Spine</p> <p>☆☆☆☆☆</p>          | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                          |  <p>15 min<br/>Energy Booster<br/>Pilates</p> <p>☆☆☆☆☆</p>    | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                                       |  <p>10 min<br/>Morning<br/>Routine</p> <p>☆☆☆☆☆</p>        | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> |
| WEEK 3 |  <p>25 min<br/>Gentle Spine<br/>Awakening</p> <p>☆☆☆☆☆</p> | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                          |  <p>25 min<br/>Warm Up Your<br/>Temperature</p> <p>☆☆☆☆☆</p> | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                                       |  <p>30 min<br/>Metabolism<br/>Kick-Start</p> <p>☆☆☆☆☆</p> | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> |
| WEEK 4 |  <p>20 min<br/>Everyday<br/>Spine</p> <p>☆☆☆☆☆</p>         | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                          |  <p>15 min<br/>Energy Booster<br/>Pilates</p> <p>☆☆☆☆☆</p>   | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p>                                                                                                       |  <p>10 min<br/>Morning<br/>Routine</p> <p>☆☆☆☆☆</p>       | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> | <p>ACTIVE<br/>REST DAY</p> <p>(see bonus<br/>videos)</p> |
| BONUS  |  <p>10 min<br/>Breathing</p> <p>☆☆☆☆☆</p>                  |  <p>15 min<br/>Standing Full Body<br/>Warm Up</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Strong Hips</p> <p>☆☆☆☆☆</p>                  |  <p>15 min<br/>Shoulder &amp; Thoracic<br/>Spine Mobility</p> <p>☆☆☆☆☆</p> |  <p>15 min<br/>Full Body<br/>Stretch</p> <p>☆☆☆☆☆</p>    |                                                          |                                                          |

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