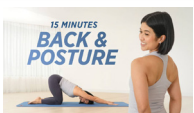


2 - 3 DAYS BUILDING TO EVERYDAY BEGINNER PROGRAM

Build a consistent Pilates practice, starting small with just 15-20 minutes per day.

It provides a clear plan to gradually increase from 2 days to 3 days per week, guiding you through each session. You'll develop strength, flexibility, and enjoy the benefits of a sustainable routine.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Energy Booster Pilates	ACTIVE REST DAY (see bonus videos)	 15 min Back & Posture	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Spine & Shoulders Warm Up	ACTIVE REST DAY (see bonus videos)	 15 min Gentle Guide	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 15 min Express Everyday Core Beginner	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Back Beginner	ACTIVE REST DAY (see bonus videos)	 15 min Feel Better Than Stretching	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Hips & Core Workout	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Spine Beginner	ACTIVE REST DAY (see bonus videos)	 15 min Stretch Routine Workout	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing	 5 min Pilates ABS Strengthening	 10 min Spine Mobility	 15 min Standing Flow 1	 10 min Shoulders Stretch		

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