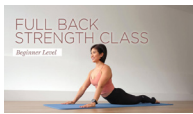
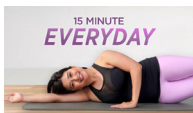


2 - 3 DAYS BUILDING TO EVERYDAY BEG - INT PROGRAM

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 Hip Strength	ACTIVE REST DAY (see bonus videos)	 15 min Shoulder & Thoracic Spine Mobility	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 Full Back Strength	ACTIVE REST DAY (see bonus videos)	 15 min Hip & Knee Mobility	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 Everyday Pilates	ACTIVE REST DAY (see bonus videos)	 15 min Abs & Glutes Workout	ACTIVE REST DAY (see bonus videos)	 15 min Full Body Stretch	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Full Body Workout	ACTIVE REST DAY (see bonus videos)	 15 min Express Abs & Back	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Spine Intermediate	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 15 min Breath Work	 10 min Abdominal Strength	 15 min Quick Pilates 1	 15 min Standing Flow 1	 15 min Upper Body Stretch		

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