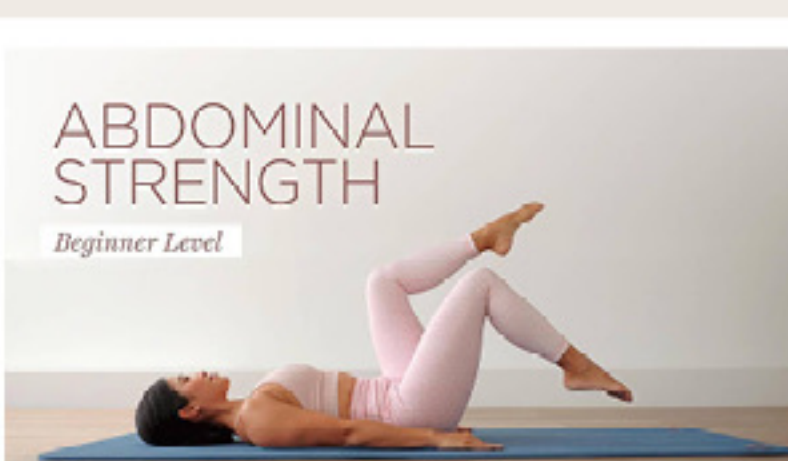
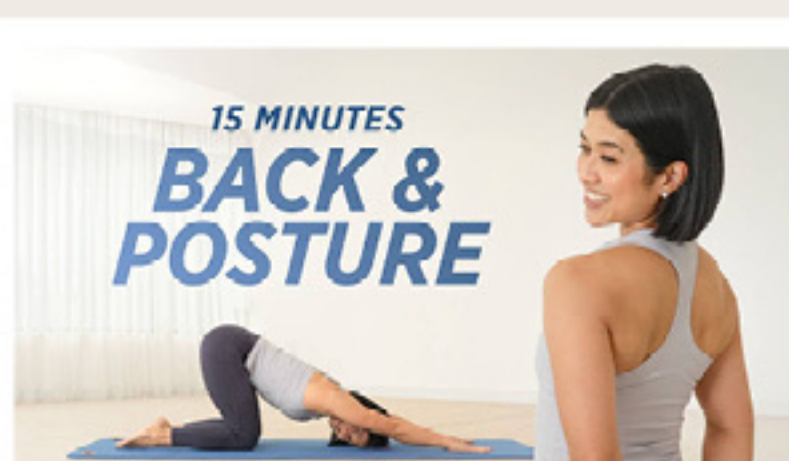


PILATES BALL METHOD BEGINNER PROGRAM

Designed to deepen body awareness, strengthen your core, and improve spinal mobility. Discover how the ball becomes your teacher—offering support, challenge, and feedback as you build proprioception, balance, and functional strength through guided practice.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 25 min Discover Your Patterns ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Neck & Shoulder Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Finding Neutral Space ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 2	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Spine A Licious ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 3	 25 min Discover Your Patterns ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Neck & Shoulder Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 30 min Finding Neutral Space ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
WEEK 4	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Spine A Licious ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	ACTIVE REST DAY (see bonus videos)
BONUS	 10 min Breathing ☆☆☆☆☆	 10 min Abdominal Strength ☆☆☆☆☆	 15 min Back Workout For Stronger Back ☆☆☆☆☆	 15 min Full Body ☆☆☆☆☆	 15 min Stretch Routine ☆☆☆☆☆		

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