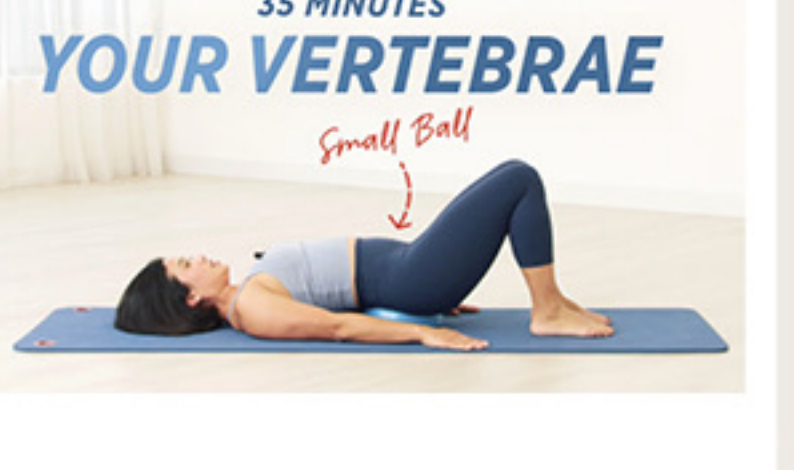
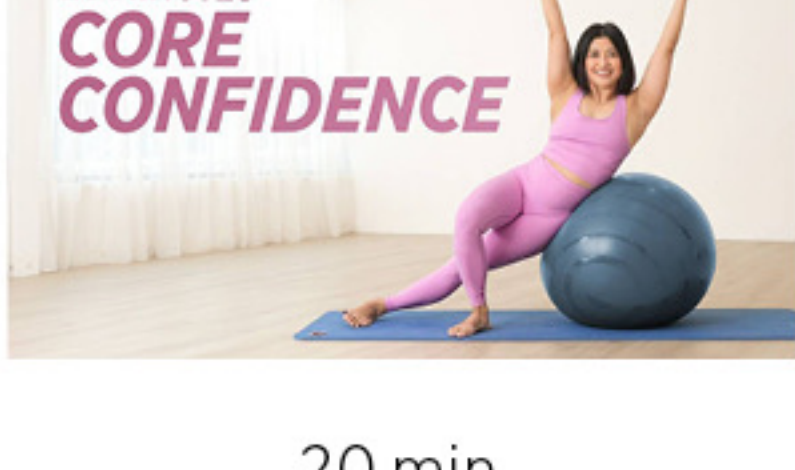
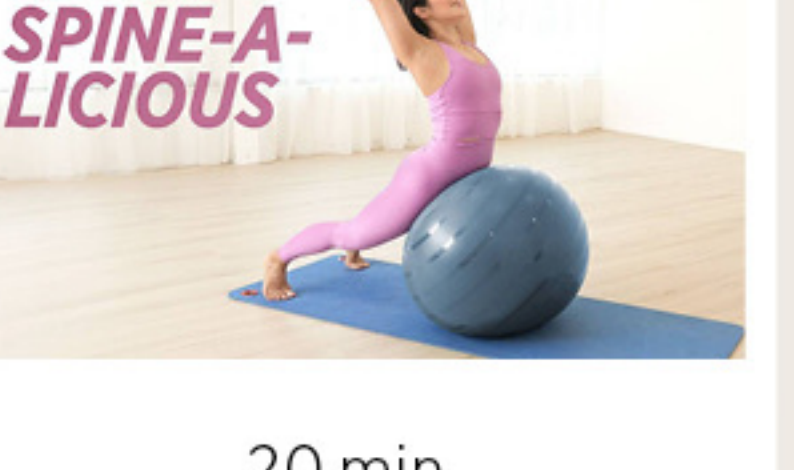
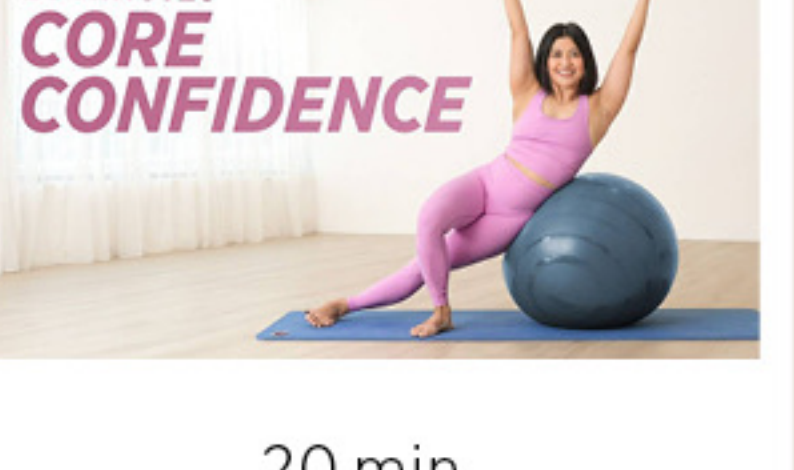
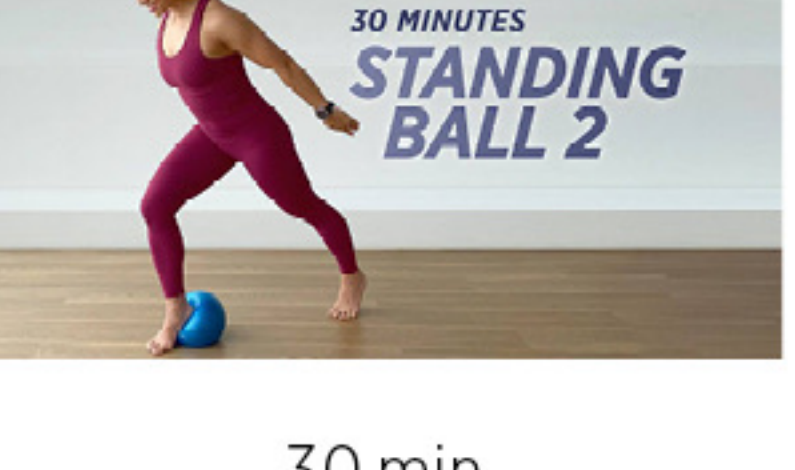
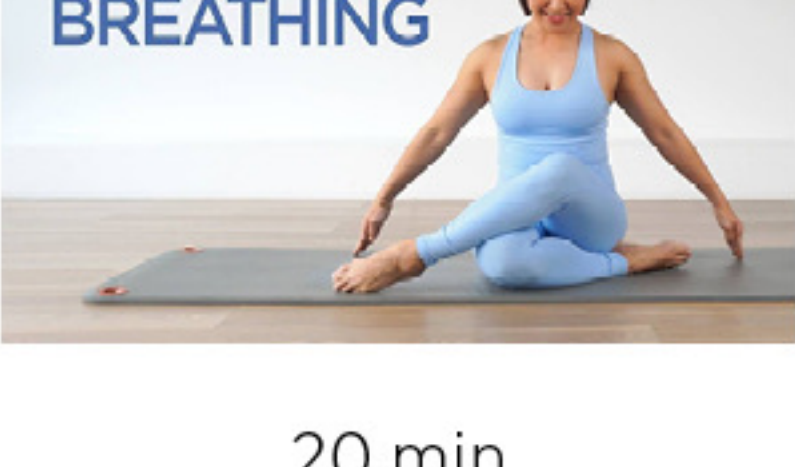
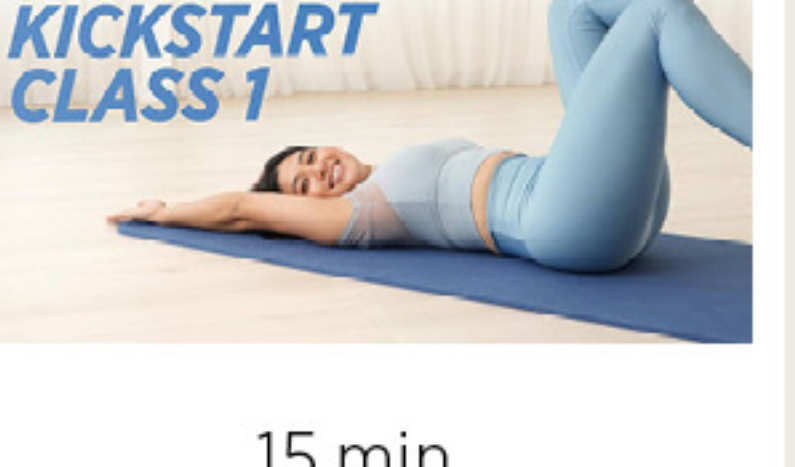
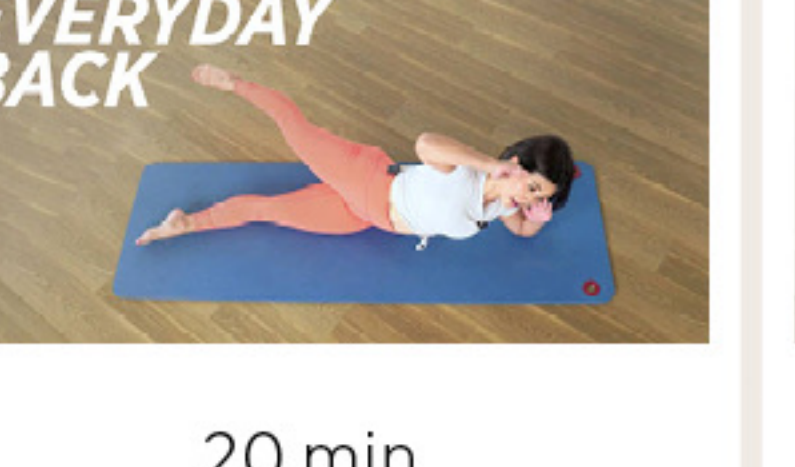
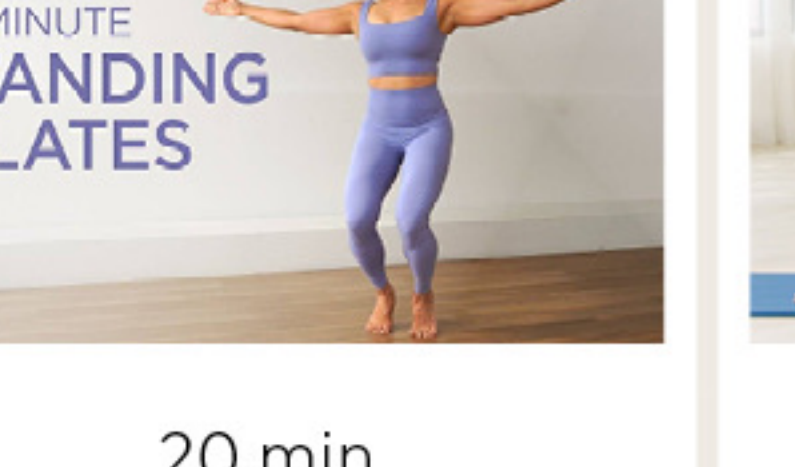
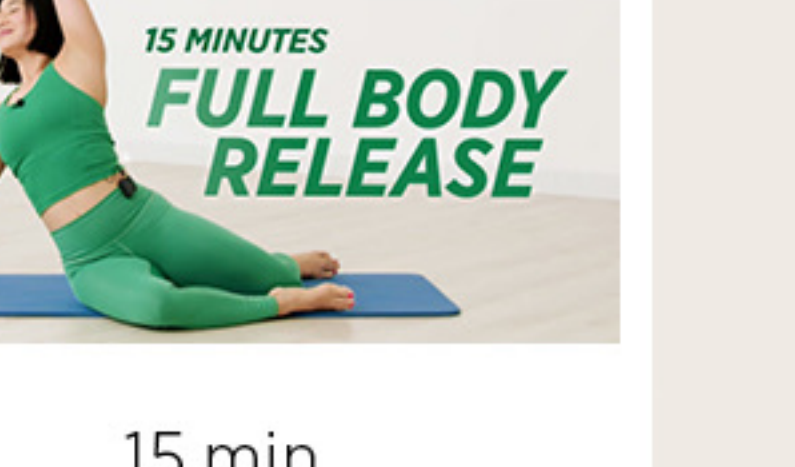


PILATES BALL METHOD INTERMEDIATE PROGRAM

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	 35 min Cervical & Thoracic Work ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Wave Your Vertebrae ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Integrate Your Space ☆☆☆☆☆	 20 min Standing Ball 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spine A Licious ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core Confidence ☆☆☆☆☆	 30 min Standing Ball 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 35 min Cervical & Thoracic Work ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Wave Your Vertebrae ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 35 min Integrate Your Space ☆☆☆☆☆	 20 min Standing Ball 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 20 min Core Confidence ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Spine A Licious ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Core Confidence ☆☆☆☆☆	 30 min Standing Ball 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 15 min Core Kickstart 1 ☆☆☆☆☆	 20 min Everyday Back ☆☆☆☆☆	 20 min Standing Pilates ☆☆☆☆☆	 15 min Full Body Release ☆☆☆☆☆		

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