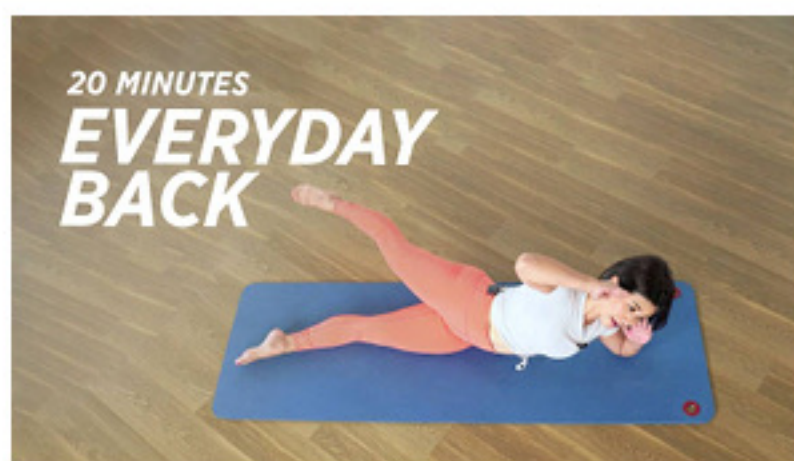
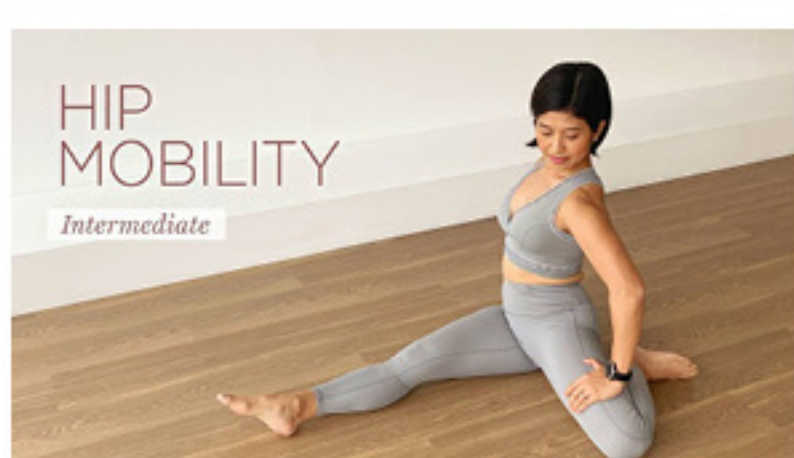
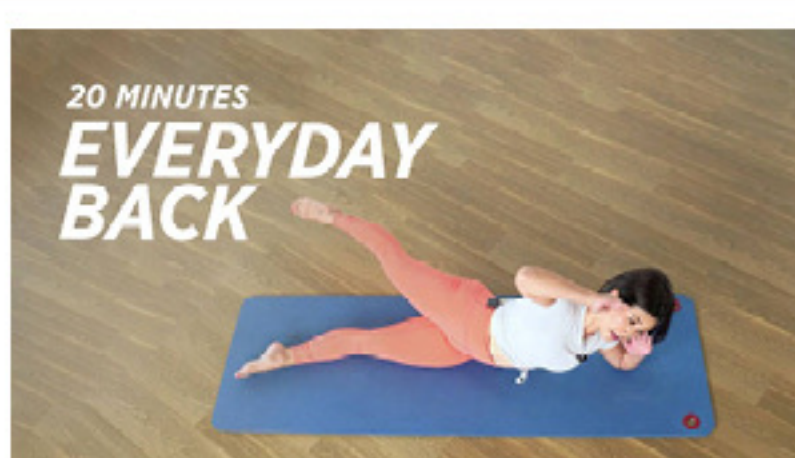
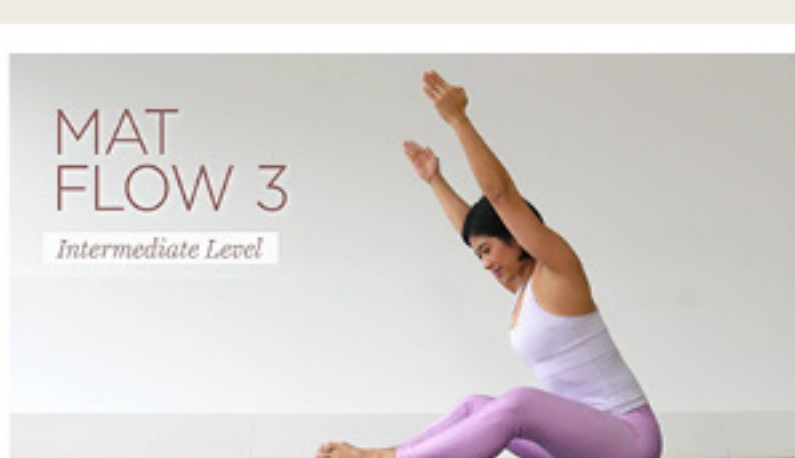
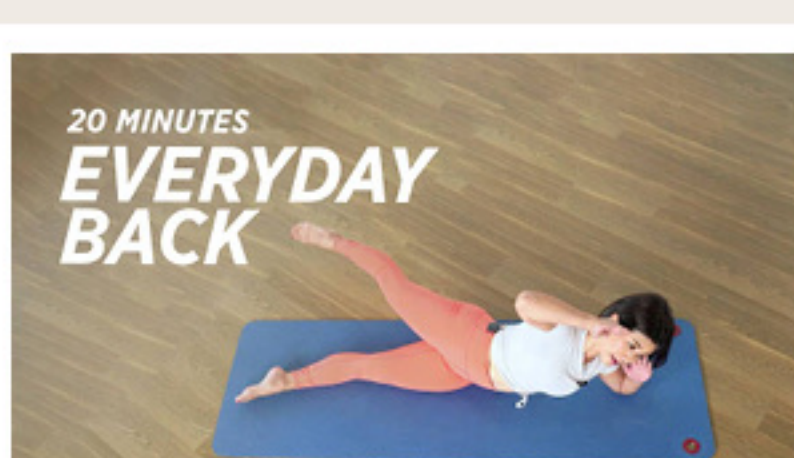
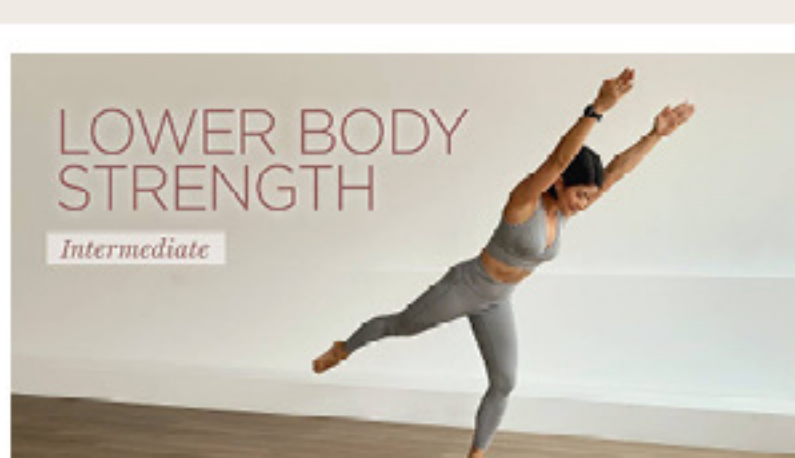
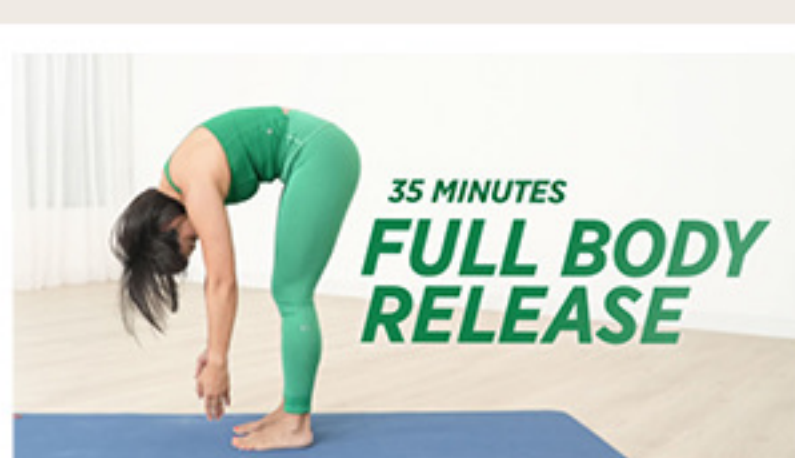
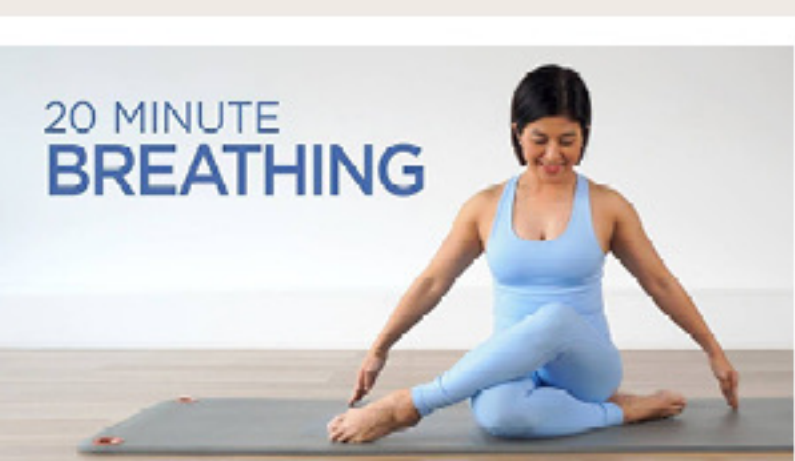
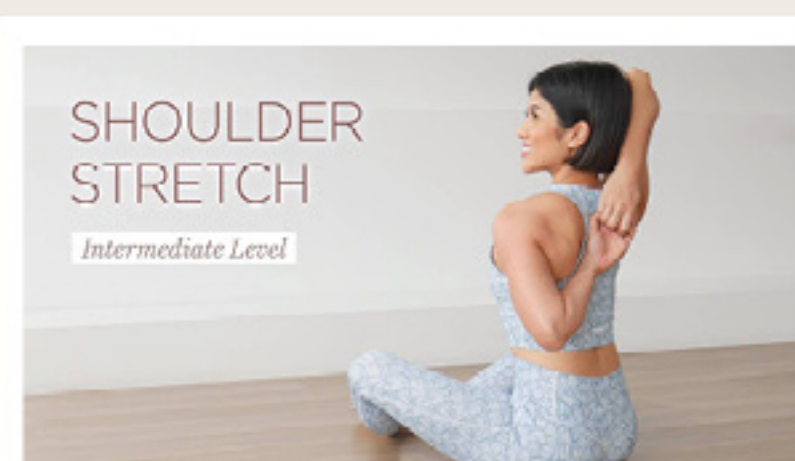
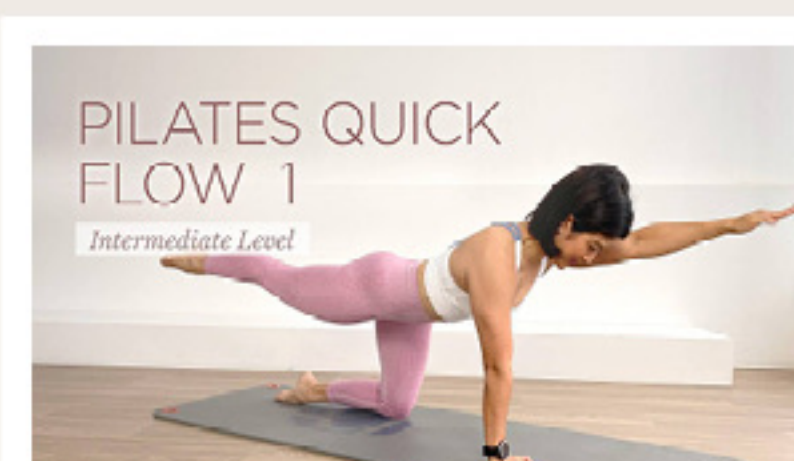


STRONG FOUNDATION INTERMEDIATE

When you're ready to ask more of yourself. You know the movements now — they feel like yours. Build on the foundation you've laid, with deeper progressions that honour the same principles: controlled, precise, never punishing. Discover how capable you've become, and let your body meet it.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	 15 min Express Everyday Core ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Express Everyday Spine ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 15 min Realign Your Entire Body ☆☆☆☆☆	 30 min Standing Pilates 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 2	 20 min Mat Flow 2 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Lower Body Strength ☆☆☆☆☆	 35 min Full Body Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 3	 30 min Mat Flow 3 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Hip Mobility ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	 30 min Standing Pilates 1 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
WEEK 4	 30 min Mat Flow 3 ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Everyday Back ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)	 20 min Lower Body Strength ☆☆☆☆☆	 35 min Full Body Release ☆☆☆☆☆	ACTIVE REST DAY (see bonus videos)
BONUS	 20 min Breathing ☆☆☆☆☆	 15 min Standing Spine & Shoulders Warm Up ☆☆☆☆☆	 20 min Standing Pilates ABS ☆☆☆☆☆	 20 min Shoulder Stretch ☆☆☆☆☆	 20 min Quick Flow 1 ☆☆☆☆☆		

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