

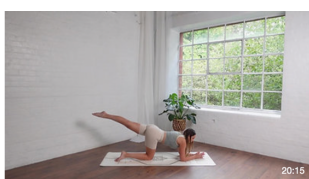
BEGINNER STAGE 2

30 DAY

week 1 plan

DAY 1

BEGINNER 20 MIN NEW MORNING

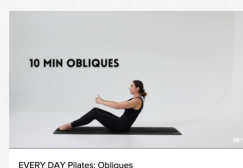


NEW! Beginner 20 min New Morning

DAY 2

DAILY ABS 10 MIN

DAILY OBLIQUES 10 MIN



DAY 3

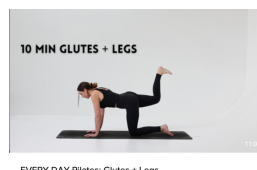
REST DAY



DAY 4

DAILY LEGS & GLUTES 10 MIN

DAILY ABS 10 MIN



DAY 5

DAILY BACK 10 MIN

DAILY UPPER 10 MIN



EVERY DAY Pilates: Back 10 min

EVERY DAY Pilates: Upper Body

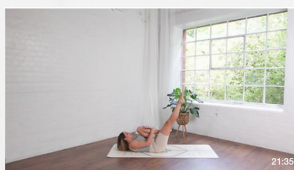
DAY 6

REST DAY



DAY 7

BEGINNER 20 MIN FLOW



NEW! Beginner Flow 20 minutes

You have 2 rest days in the plan, try to make these active by walking/jogging or stretch/mobility classes. You can change the rest days to suit you too.

BEGINNER STAGE 2

30 DAY

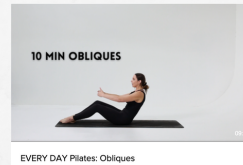
week 2 plan

DAY 1 25 MINUTE WRIST FRIENDLY

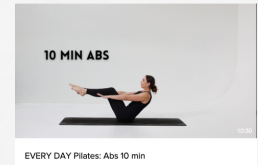


Beginner 25 minute, full body: Wrist Friendly

DAY 2 DAILY ABS 10 MIN DAILY OBLIQUES 10 MIN



EVERY DAY Pilates: Obliques



EVERY DAY Pilates: Abs 10 min

DAY 3

REST DAY



DAY 4 DAILY LEGS & GLUTES 10 MIN DAILY ABS 10 MIN



EVERY DAY Pilates: Glutes + Legs



EVERY DAY Pilates: Abs 10 min

DAY 5

PILATES RESTORE 20 MIN



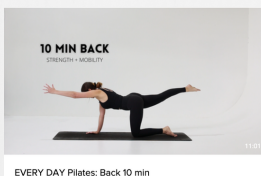
New! Pilates RESTORE 20 min

DAY 6

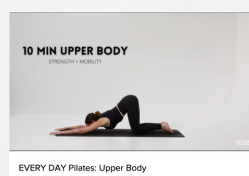
REST DAY



DAY 7 DAILY BACK 10 MIN DAILY UPPER 10 MIN



EVERY DAY Pilates: Back 10 min



EVERY DAY Pilates: Upper Body

Action comes before motivation.
Every time you step on your mat is a
time to celebrate!

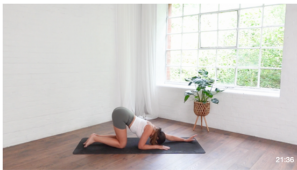
BEGINNER STAGE 2

30 DAY

week 3 plan

DAY 1

TOUGH DAY EASY PILATES 20 MIN



Tough Day Easy Pilates 20 min

DAY 2

10 MIN CORE

15 MIN PILATES



NEW! BEGINNER CORE - 10 mins



Beginner 15 min full body

DAY 3

REST DAY



DAY 4

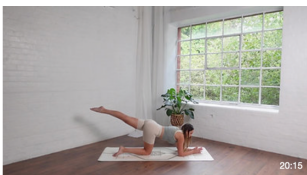
BEGINNER 20 MIN FLOW



NEW! Beginner Flow 20 minutes

DAY 5

20 MIN NEW MORNING



NEW! Beginner 20 min New Morning

DAY 6

REST DAY



DAY 7

BASIC MAT 30 MIN



BASIC Mat Pilates 30-Minute

Remember to track your workouts,
set your goals and celebrate
yourself!

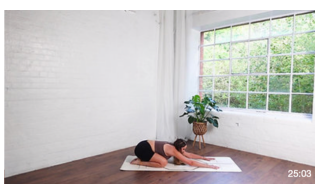
BEGINNER STAGE 2

30 DAY

week 4 plan

DAY 1

25 MIN NEW MORNING



New! 25 minute New Morning Pilates

DAY 2

FEEL GOOD, FULL BODY 20 MINS



New! Feel Good, Full Body 20 min

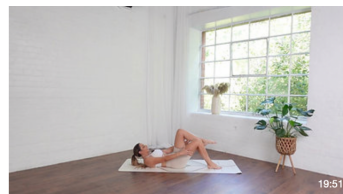
DAY 3

REST DAY



DAY 4

FRESH MORNING PILATES 20 MIN



Fresh Morning Pilates 20 min Full Body

DAY 5

BEGINNER 20 MIN FLOW



NEW! Beginner Flow 20 minutes

DAY 6

REST DAY



DAY 7

30 MIN COMPLETE RESTORE



NEW! 30 minute RESTORE

Time to plan your next stage. The weekly schedule, 14 day ab challenge or the 30 day pilates challenge could be great for you!