

# BEGINNER PILATES

## 21 DAY

### *week 1 plan*

DAY 1

**20 MIN  
CORE**

DAY 2

OPTIONAL:  
MOBILITY: RECOVERY DAY  
15 MINS

DAY 3

**20 MIN  
LEGS + BUTT**

DAY 4

OPTIONAL:  
STRETCH: 10 MIN LOWER + 7 MIN  
BACK

DAY 5

**20 MIN  
ABS + OBLIQUES**

DAY 6

OPTIONAL:  
MOBILITY: HIPS 14 MIN

DAY 7

OPTIONAL:  
MORNING IN BED 10 MIN PILATES

**WEEK 1**

Celebrate starting something  
new!

# BEGINNER PILATES

## 21 DAY *week 2 plan*

DAY 1

**20 MIN  
BACK + ARMS**

DAY 2

OPTIONAL:  
STRETCH: 7 MIN UPPER + 7 MIN BACK

DAY 3

**20 MIN  
CORE**

DAY 4

OPTIONAL:  
MOBILITY: RECOVERY DAY  
15 MINS

DAY 5

**20 MIN  
LOWER BODY**

DAY 6

OPTIONAL:  
STRETCH: 10 MIN LOWER + 7 MIN  
BACK

DAY 7

OPTIONAL:  
MORNING IN BED 10 MIN PILATES

### **WEEK 2**

Reflect on learning something  
about your body!

# BEGINNER PILATES

## 21 DAY *week 3 plan*

DAY 1

**20 MIN**  
**ABS + OBLIQUES**

DAY 2

OPTIONAL:  
MOBILITY: RECOVERY DAY  
15 MINS

DAY 3

**20 MIN**  
**FULL BODY**

DAY 4

OPTIONAL:  
MOBILITY: HIPS 14 MIN

DAY 5

**20 MIN**  
**CORE**

DAY 6

OPTIONAL:  
STRETCH: LOWER 10 MIN + UPPER 7  
MIN

DAY 7

OPTIONAL:  
MORNING IN BED 10 MIN PILATES

### **WEEK 3**

Consider what the next step of your  
journey could be!

# BEGINNER PILATES GUIDANCE

## GUIDELINES FOR THE 21 DAY BEGINNER PILATES PLAN:

You will see on the calendar that 3 days a week have classes and the other days have optional sessions. These optional days are focussed on ACTIVE RECOVERY and can be used as total days off instead. I always encourage you to listen to your body and give it what it needs.

The WEEKLY planner printable is designed to help you stay accountable, motivated and aware. I'd highly recommend you use it. I've left space for you to add in some daily habits that you feel can support you and some goal setting guidance.

The plan is 3 weeks in length, however if you need more rest days or life just gets in the way, don't worry - you can take longer if you need to.

Try your best to maximise your sleep to give your muscles a chance to recover and rest.

Fuel your body with plenty of fruits , vegetables and water.

Try to get some active time outside each day. Walking, running, cycling..whatever you love to do! I'd recommend aiming for 30 minutes, however if you get 15 every day that's great!

Finally...enjoy the process! Learn about your body, celebrate the fact that you started and please share your progress with me!

Love, Katy xxx

# WEEKLY PLANNER

WEEK .....

## HABIT TRACKER

## CHECKLIST FOR THE WEEK

PILATES .....

15-30 MIN OUTDOORS .....

EAT FRUITS & VEG .....

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## HABIT TIPS

### Make it easy, enjoyable and realistic

I love the feeling of staying consistent with a positive daily habit. Checking it off my habit tracker helps me feel that I'm succeeding! I'd love for you to consider a new daily habit or two that will support your goals and help you to feel your best!

I like to think of my list as a self care list for the day, here's a couple of things that have really helped me.

So, taking vitamins daily was something I always struggled to stay consistent with. I switched my supplements to gummy versions so I actually enjoy taking them as it's like eating sweets! They sit next to my kettle so when I reach for that first thing in the morning to make coffee, they are right in front of me to I can't miss them! I think of this as an act of self care I do every day for myself and I feel good doing it.

My current daily habits on my tracker

1. Take vitamins
2. Outdoor time
3. Pilates self practice/stretch/mobility work 20-30 mins
4. 10 mins meditation
5. Complete 5 minute gratitude journal before I look at my phone in the morning

# GOAL SETTING

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What is your goal?  
*eg: To complete the full 3 weeks plan*

When do you want to achieve it  
*eg: In 3 weeks time*

How will you measure your progress?  
*eg: I will use the checklist to tick off completed sessions*

How will you achieve your goal?  
*eg: I will block out the time in my diary for the week ahead*

How can you keep on track?  
*eg: I will share my practice with Katy!*

*"Don't let your primary motivation when you start be to lose something. Let it be to gain something."  
- Coach Bennett*

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## Goal Setting Tips

Get as specific as you can with your goal so you are clear on exactly what it is you want to achieve.

Make sure it's realistic to you and your circumstances.

Share your goal and progress with someone!

If you're unsure at the beginning that's okay, you may find you discover something you'd like to work on as you take the classes.

Find a way to celebrate yourself!