

A woman with long blonde hair is performing a Pilates exercise on a mat. She is in a side plank position, resting on her left hand and right knee, with her right arm extended upwards. She is wearing a white long-sleeved top and white shorts. The background features a large, multi-paned window with a view of a brick building. The overall scene is brightly lit and has a clean, minimalist aesthetic.

# WEEK ONE

DAY 01 SCULPT Core 15 minutes

DAY 02 ULTIMATE Full Body 30 minutes/BEGINNERS BASIC Mat 30 minutes

DAY 03 SCULPT Lower Body 15 minutes

DAY 04 REALIGN Deep Hips & Spine 20 minutes

DAY 05 Rest Day: 1 hour walk

DAY 06 SCULPT Upper Body 10 minutes

DAY 07 COMPLETE Full Body 40 minutes

PILATES BY KATY

A woman with long blonde hair, wearing a white long-sleeved top and white shorts, is performing a Pilates pose on a mat. She is kneeling on her right knee, with her left leg extended forward and her left hand resting on her left foot. Her right arm is extended upwards, reaching towards the ceiling. The background features a large, multi-paned window with a view of a brick building outside. The room has a light-colored brick wall and a light-colored floor. The overall atmosphere is bright and airy.

## WEEK TWO

DAY 08 CLASSIC Abs 6 min & Core Control 8 min

DAY 09 FRESH Morning Pilates 30 min

DAY 10 BRIDGING 15 min

DAY 11 HIPS Tension & Mobility 17 min

DAY 12 REST Day: 1 hour walk

DAY 13 FLOW Upper Body 15 min

DAY 14 FLOW Full Body 40 min

PILATES BY KATY





## WEEK THREE

DAY 15 POWER Core 15 min

DAY 16 MORNING Pilates 30 min

DAY 17 POWER Legs 15 min

DAY 18 DEEP Hamstrings Stretch 17 min

DAY 19 REST Day: 1 hour walk

DAY 20 POWER Arms 15 min

DAY 21 POWER Full Body 40 min

PILATES BY KATY

# WEEK FOUR/FIVE

- DAY 22 CORE Twist It 8 min & Power Plank 9 min
- DAY 23 ENERGISE Express 25 min
- DAY 24 STANDING Legs 15 min
- DAY 25 HIPS & Hamstrings 30 min
- DAY 26 REST Day: 1 hour walk
- DAY 27 SWAN Back 15 min
- DAY 28 FULL Body 42 min
- DAY 29 BIRD Dog Core 15 min
- DAY 20 ULTIMATE Pilates 25 min
- DAY 31 IGNITE Legs & Bum 19 min

PILATES BY KATY



# REFRESH: MARCH AT A GLANCE

SUN	MON	TUE	WED	THU	FRI	SAT
			1 SCULPT CORE 15 MIN	2 ULTIMATE FULL BODY 30 MIN/ BEGINNERS - BASIC MAT 30 MIN	3 SCULPT LOWER BODY 15 MIN	4 REALIGN DEEP HIPS 20 MIN
5 REST - 1 HOUR WALK	6 SCULPT UPPER BODY 10 MIN	7 COMPLETE FULLL BODY 40 MIN	8 CLASSIC ABS 6 MIN & CORE CONTROL 8 MIN	9 FRESH MORNING 30 MIN	10 JUST BRIDGING 15 MIN	11 HIPS TENSION & MOBILITY 17 MIN
12 REST - 1 HOUR WALK	13 PILATES BACK & ABS FLOW 15 MIN	14 FULL BODY FLOW 40 MIN	15 POWER CORE 15 MIN	16 MORNING PILATES 30 MIN	17 POWER LEGS 15 MIN	18 DEEP HAMSTRINGS STRETCH 17 MIN
19 REST - 1 HOUR WALK	20 POWER ARMS 15 MIN	21 POWER FULL BODY 40 MIN	22 TWIST IT 8 MINS & POWER PLANK 9 MIN	23 ENERGISE EXPRESS 25 MIN	24 STANDING LEGS 15 MIN	25 HIPS & HAMSTRINGS 30 MIN
26 REST - 1 HOUR WALK	27 SWAN BACK 15 MIN	28 FULL BODY 42 MIN	29 BIRD DOG CORE 15 MIN	30 ULTIMATE PILATES 25 MIN	31 IGNITE LEGS & BUM 19 MIN	