



Lengthen

A 30-Day Holistic Pilates Journey

INSTRUCTIONS:

Click on titles to access videos. Check off or write the date by each day you complete. If you're injured, sick, or otherwise unable to exercise, then watch the video and check it off. If you miss a day, continue where you left off. If you're on a roll and want to do multiple days in one, go for it!

Day	Exercise	Minutes
1	<i>Beginning Pilates - Leg and Hip Mobility</i>	30
2	Choose any leg exercise or sequence from Day 1 to repeat five times. Focus on lengthening your legs.	10
3	<i>Beginning Pilates - Leg and Hip Mobility</i> OR <i>Intermed. Pilates - Leg & Hip Mobility with Straight Legs</i>	30
4	Choose any leg exercise or sequence from Day 3 to repeat five times. Focus on lengthening your legs.	10
5	<i>Beginning Pilates - Leg & Hip Mobility, Side Movement</i>	30
6	Play - Lie on your back. Stretch out your body, reaching fingers toward a wall behind you and toes toward a wall in front of you. Experiment with lengthening your spine and limbs in different ways on the floor.	5
7	<i>Advanced Beginner Pilates - Teaser</i> OR <i>Intermediate Pilates - Side Bend and Rotation</i>	30

Day	Exercise	Minutes
8	Choose <i>any exercise or sequence</i> from Day 7 to repeat five times. Focus on <i>lengthening your arms</i> .	10
9	<p style="text-align: center;"><i>Beginning Pilates - Standing "Mat" Exercises</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Pilates with Various Props - Arm Strength (Standing)</i></p>	30
10	Choose <i>any exercise or sequence</i> from Day 9 to repeat five times. Focus on <i>lengthening your arms</i> .	10
11	<p style="text-align: center;"><i>Learn - Repeat any Pilates class from Days 1-10.</i></p> <p style="text-align: center;"><i>Learn something new. Write it down.</i></p>	30
12	<p style="text-align: center;"><i>Intermediate Pilates - Leg and Back Mobility & Flexibility</i></p> <p style="text-align: center;"><i>AND</i></p> <p style="text-align: center;"><i>Choose any Pilates exercise that stretches legs or back.</i></p> <p style="text-align: center;"><i>Repeat it every day.</i></p>	35
13	<p style="text-align: center;"><i>Choose any full body exercise or sequence</i> from Day 12 to repeat five times. Focus on <i>lengthening your spine</i>.</p> <p style="text-align: center;"><i>AND</i></p> <p style="text-align: center;"><i>Do the daily stretch you chose on Day 12.</i></p>	10
14	<p style="text-align: center;"><i>Advanced Beginner - Standing Exercises & Roll-Down</i></p> <p style="text-align: center;"><i>AND</i></p> <p style="text-align: center;"><i>Do the daily stretch you chose on Day 12.</i></p>	35
15	<p style="text-align: center;"><i>Choose any standing exercise or from Day 14</i> to repeat five times. Focus on <i>lengthening your spine</i>.</p> <p style="text-align: center;"><i>AND</i></p> <p style="text-align: center;"><i>Do the daily stretch you chose on Day 12.</i></p>	10

Day	Exercise	Minutes
16	<p><i>Grow - Stand or sit with slouched posture. Then lengthen your spine and feel yourself grow taller. Repeat 5 times.</i></p> <p style="text-align: center;"><i>AND</i></p> <p><i>Do the daily stretch you chose on Day 12.</i></p>	10
17	<p style="text-align: center;"><i>Beginning Pilates - Side Plank</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Intermediate Pilates - Side Bend and Rotation</i></p> <p style="text-align: center;"><i>AND</i></p> <p><i>Do the daily stretch you chose on Day 12.</i></p>	35
18	<p><i>Sit in a comfortable position. Set a timer and focus on lengthening your spine for 5 minutes.</i></p> <p style="text-align: center;"><i>AND</i></p> <p><i>Do the daily stretch you chose on Day 12.</i></p>	10
19	<p style="text-align: center;"><i>Beginning Pilates - Standing "Mat" Exercises</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Advanced Beginner - Standing Exercises & Roll-Down</i></p> <p style="text-align: center;"><i>OR</i></p> <p style="text-align: center;"><i>Pilates with Various Props - Arm Strength (Standing)</i></p> <p style="text-align: center;"><i>AND</i></p> <p><i>Do the daily stretch you chose on Day 12.</i></p>	35
20	<p><i>Go for a walk, run, or bike ride. Think about lengthening your spine while you move.</i></p> <p style="text-align: center;"><i>AND</i></p> <p><i>Do the daily stretch you chose on Day 12.</i></p>	35

Day	Exercise	Minutes
21	<p><i>Balance - Lengthen spine, legs, and arms as you practice:</i> <i>Quadruped Exercises</i> AND <i>Do the daily stretch you chose on Day 12.</i></p>	15
22	<p><i>Intermediate Pilates - Leg and Back Mobility & Flexibility</i> AND <i>Do the daily stretch you chose on Day 12.</i></p>	35
23	<p><i>Lengthen your spine, legs, and arms as you practice:</i> <i>Shoulder Bridge</i> AND <i>Do the daily stretch you chose on Day 12.</i></p>	20
24	<p><i>Beginning Pilates - Leg and Hip Mobility</i> OR <i>Intermed. Pilates - Leg & Hip Mobility with Straight Legs</i> AND <i>Do the daily stretch you chose on Day 12.</i></p>	35
25	<p><i>Repeat any class or exercise. Focus on lengthening your arms, legs, and spine.</i> AND <i>Do any back stretch for 5 minutes.</i></p>	35
26	<p><i>Stretch - In the afternoon or evening when your body is warm, take time to loosen tight muscles.</i></p>	10

Day	Exercise	Minutes
27	<p><i>Beginning Pilates - Full Body Warm-Up</i></p> <p>AND</p> <p><i>Do any arm stretch for 5 minutes.</i></p>	35
28	<p><i>Intermediate Pilates - Warm-Up for Intense Exercise</i></p> <p>AND</p> <p><i>Do any leg stretch for 5 minutes.</i></p>	35
29	<p><i>Choose any pose that challenges your balance. Breathe gently and lengthen spine, arms and legs as you balance.</i></p>	10
30	<p>Relax - <i>Set a 10-minute timer or relaxing music. Lie on your back. Stretch out your body, reaching fingers toward a wall behind you and toes toward a wall in front of you. Then relax into a comfortable position and breathe.</i></p>	10