



Strengthen

A Holistic 30-Day 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	Beginning Pilates Class – Modified for Building Basic Strength and Awareness	30
2	Choose any exercise or sequence from Day 1 to repeat five times. Focus on heightening awareness of your body alignment and the details of the exercise(s).	5
3	Beginning Pilates Class – Strengthening for Side Plank OR Advanced Beginner Pilates Class – Bending and Rotating with Awareness OR Intermediate Pilates Class – Ab and Oblique Strength	24 OR 30 OR 27
4	Choose any exercise or sequence from Day 3 to repeat five times. Focus on heightening awareness of your body alignment and the details of the exercise(s).	5
5	Beginning Pilates Class – Stability in Shoulders and Hips OR All Levels Pilates Class – Centering and Stabilizing with a Large Ball OR Intermediate Pilates Class – Full Body Stability	30 OR 31 OR 28

Day	Exercise	Minutes
6	<p>Write – Jot down a list of exercises or muscle groups that you'd like to strengthen.</p> <p>Keep your list at hand. Dedicate more time and attention to these exercises or muscles throughout the month.</p>	5
7	Choose any exercise or sequence from Day 5 to repeat five times. Focus on heightening awareness of your body alignment and the details of the exercise(s).	5
8	Advanced Beginner Pilates Class – Variations of Abdominal Exercises	32
9	Choose any exercise or sequence from Day 8 to repeat five times. Focus on heightening awareness of your body alignment and the details of the exercise(s).	5
10	<p>Beginning Pilates Class – Ab and Spine Work with Roll-Up</p> <p>OR</p> <p>Advanced Beginner Pilates Class – Ab and Spine Work with Teaser</p> <p>OR</p> <p>Intermediate Pilates Class – Control</p>	27 OR 26 OR 25
11	Share – Leave a comment or a reply in the Discussion Forum .	5
12	Choose any exercise or sequence from Day 10 to repeat five times. Focus on heightening awareness of your body alignment and the details of the exercise(s).	5

Day	Exercise	Minutes
13	<p>Advanced Beginner Pilates Class – Arm and Leg Work Standing</p> <p>OR</p> <p>Advanced Beginner Pilates Class – Leg Work on Back and Side</p> <p>OR</p> <p>All Levels Pilates Class – Centering and Stabilizing with a Large Ball</p>	<p>25</p> <p>OR</p> <p>27</p> <p>OR</p> <p>31</p>
14	Choose any exercise or sequence from Day 13 to repeat five times. Focus on heightening awareness of your body alignment and the details of the exercise(s).	5
15	<p>Beginning Pilates Class – Exhale on the Effort</p> <p>OR</p> <p>Advanced Beginner Pilates Class – Centering and Stabilizing with a Large Ball</p> <p>OR</p> <p>Intermediate Pilates Class – Bridging</p>	<p>29</p> <p>OR</p> <p>31</p> <p>OR</p> <p>30</p>
16	<p>Challenge – Choose a Pilates exercise from your Day 6 list, or one that works a muscle group on your list.</p> <p>Watch Intermediate or Advanced Beginner classes to learn a more challenging version of your exercise. If you're already doing the most challenging version you can find, then do it more slowly.</p> <p>Do your Challenge Exercise once to remember it.</p>	10
17	Do your Challenge Exercise five times. Focus on details of your body alignment and correct Pilates technique.	5
18	<p>Find a class that includes your Challenge Exercise.</p> <p>OR</p> <p>Create a sequence that includes your Challenge Exercise.</p>	30

Day	Exercise	Minutes
19	Do your Challenge Exercise five times. Focus on details of your body alignment and correct Pilates technique.	5
20	<p>Do your Challenge Exercise five times.</p> <p style="text-align: center;">AND</p> <p>Modify exercises as needed in an All Levels class:</p> <p style="text-align: center;">All Levels Pilates Class – Hip Stability with a Small Ball</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">All Levels Pilates Class – Centering and Stabilizing with a Large Ball</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">All Levels Pilates Class – Control and Balance with Teaser and Props</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Lesson on Balance and Spinal Extension - Quadruped</p>	<p>26</p> <p>OR</p> <p>31</p> <p>OR</p> <p>24</p> <p>OR</p> <p>10</p>
21	<p>Stretch – Take time to loosen tight muscles.</p> <p style="text-align: center;">AND</p> <p>Do your Challenge Exercise five times.</p>	10
22	Do your Challenge Exercise five times. Focus on details of your body alignment and correct Pilates technique.	5
23	<p>Do your Challenge Exercise five times.</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">Advanced Beginner Pilates Class – Leg and Back Mobility</p> <p style="text-align: center;">OR</p> <p style="text-align: center;">Intermediate Pilates Class – Leg Mobility and Stretching</p>	<p>26</p> <p>OR</p> <p>25</p>
24	Do your Challenge Exercise five times. Focus on details of your body alignment and correct Pilates technique.	5

Day	Exercise	Minutes
25	<p>Do your Challenge Exercise five times.</p> <p>AND</p> <p>Beginning Pilates Class – Strengthening for Side Plank</p> <p>OR</p> <p>Advanced Beginner Pilates Class – Bending and Rotating with Awareness</p> <p>OR</p> <p>Intermediate Pilates Class – Ab and Oblique Strength</p>	<p>24</p> <p>OR</p> <p>30</p> <p>OR</p> <p>27</p>
26	<p>Research – What do you find when you look up the word <i>strong</i>? What aspects of strength resonate with you?</p> <p>AND</p> <p>Do your Challenge Exercise five times.</p>	10
27	<p>Do your Challenge Exercise five times.</p> <p>AND</p> <p>Repeat any Pilates class from the course.</p> <p>OR</p> <p>Create your own sequence.</p>	30
28	<p>Practice your Challenge exercise. Focus on details of your body alignment and correct Pilates technique.</p>	5
29	<p>Do your Challenge Exercise five times.</p> <p>AND</p> <p>Repeat any Pilates class from the course.</p> <p>OR</p> <p>Create your own sequence.</p>	30
30	<p>Reflect – Write or think about how you feel at the end of your 30-Day Journey.</p> <p>AND</p> <p>Do your Challenge Exercise five times.</p>	5