



# 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	<a href="#">Beginning Pilates Class – Basic Strength and Awareness</a>	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	<a href="#">Beginning Pilates Class – Strengthening for Side Plank</a> OR <a href="#">Intermediate Pilates Class – Side Bend and Rotation</a> OR <a href="#">Intermediate Pilates Class – Ab and Oblique Strength</a>	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	<a href="#">Beginning Pilates Class – Shoulders and Hip Stability</a> OR <a href="#">All Levels Pilates Class – Centering &amp; Stability with Large Ball</a> OR <a href="#">Intermediate Pilates Class – Full Body Stability</a>	30 OR 31 OR 28
6	Write – Jot down a list of exercises or muscle groups that you'd like to strengthen.  Keep your list at hand. Dedicate more time and attention to these exercises or muscles throughout the month.	5

Day	Exercise	Minutes
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	<a href="#">Advanced Beginner Pilates Class – Variations of Abdominal Exercises</a>	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	<a href="#">Beginning Pilates Class – Ab Strength with Roll-Up</a> OR <a href="#">Advanced Beginner Pilates Class – Ab Strength with Teaser</a> OR <a href="#">Intermediate Pilates Class – Control</a>	27 OR 26 OR 25
11	Share – Leave a comment or a reply in the <a href="#">Discussion Forum</a> .	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
13	<a href="#">All Levels Pilates Class – Arm and Leg Strength</a> OR <a href="#">Beginning Pilates Class – Leg Mobility, Core Strength</a> OR <a href="#">All Levels Pilates Class – Centering &amp; Stability with Large Ball</a>	25 OR 27 OR 31
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

Day	Exercise	Minutes
15	<p>Beginning Pilates Class – Breath for Ab Engagement</p> <p>OR</p> <p>All Levels Pilates Class – Centering &amp; Stability with 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
19	Do your Challenge Exercise five times. Focus on details of your body alignment and correct Pilates technique.	5

Day	Exercise	Minutes
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>All Levels Pilates Class – Hip Stability with a Small Ball</p> <p style="text-align: center;">OR</p> <p>All Levels Pilates Class – Centering &amp; Stability with Large Ball</p> <p style="text-align: center;">OR</p> <p>All Levels Pilates Class – Control &amp; Balance with Props</p> <p style="text-align: center;">OR</p> <p>Lesson on Balance and Spinal Extension - Quadraped</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>Intermediate Pilates Class – Leg and Back Stretches</p> <p style="text-align: center;">OR</p> <p>Intermediate Pilates Class – Leg and Hip Stretches</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
25	<p>Do your Challenge Exercise five times.</p> <p style="text-align: center;">AND</p> <p>Beginning Pilates Class – Strengthening for Side Plank</p> <p style="text-align: center;">OR</p> <p>Intermediate Pilates Class – Side Bend and Rotation</p> <p style="text-align: center;">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>

Day	Exercise	Minutes
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 style="text-align: center;">AND</p> <p>Do your Challenge Exercise five times.</p>	10
27	<p>Do your Challenge Exercise five times.</p> <p style="text-align: center;">AND</p> <p>Repeat any Pilates class from the course.</p> <p style="text-align: center;">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 style="text-align: center;">AND</p> <p>Repeat any Pilates class from the course.</p> <p style="text-align: center;">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 style="text-align: center;">AND</p> <p>Do your Challenge Exercise five times.</p>	5