



JESSICA VALANT

PILATES

If there are not beginner or advanced designations for workouts, it means the workout listed is appropriate for all levels to try.

New workouts are designated with a yellow highlight.

Have a great month!

January 2024 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	LEGS EVERYONE: - Pilates Gratitude Workout <i>Let's start the year moving with gratitude together 💕.</i>	CARDIO Steady state cardio 30-45 minutes <i>Beginner cardio options would include walking or gentle indoor cycling or swimming or hiking. Advanced may be running, jogging, an indoor cycling class or row machine. Choose what feels best for you!</i>	ARMS EVERYONE: - "Three Part Arms"	HIIT & CORE BEGINNER: - Indoor Walking Workout ADVANCED: - Cardio Kickboxing	MOBILITY & INJURY PREVENTION - 15-20 minute walk for everyone BEGINNER: - Gentle Hip Stretches ADVANCED: - Best Hamstring Stretches	PILATES EVERYONE: - Pilates for All Ages
7	8	9	10	11	12	13
REST DAY Health Tip: Take time to listen to this month's UNLIMITED podcast where we talk about the power of regular movement and the details of our Back to Basics Challenge! Journal Prompt: Three goals I have for this challenge are...	LEGS TUTORIAL: - How To Do a Squat BEGINNER: - Lower Body Beginner Weights Part One ADVANCED: - Lower Body Blast Mat Workout	CARDIO Steady state cardio 30-45 minutes TUTORIAL: - How To Do a Crunch Without Neck Pain <i>Join Jessica at 8:30am pacific time for a live workout and Q&A as we kick off our challenge this month! Click here for the link to join live on zoom.</i>	ARMS TUTORIAL: - How To Do a Lunge BEGINNER: - Upper Body Beginner Weights Part One ADVANCED: - Full Body Circuit Workout - Arm Focus	HIIT & CORE TUTORIAL: - How To Do a Plank BEGINNER: - Pilates Cardio Combo Workout - Beginner ADVANCED: - Pilates Cardio Combo Workout - Advanced	MOBILITY & INJURY PREVENTION TUTORIAL: - How To Do Pilates Roll Up EVERYONE: - Full Body Mobility	PILATES BEGINNER: - Basic Pilates Workout - 35 Minutes ADVANCED: - Intermediate/Advanced Pilates Workout
14	15	16	17	18	19	20

<p>REST DAY Health Tip: Write down your workout times for this week in your planner or calendar! When you set aside time to move, you are less likely to miss it. Journal prompt: One way I feel strong is...</p>	<p>LEGS BEGINNER: - On and Off the Floor Workout ADVANCED: - Full Body Circuit Workout - Leg Focus</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Basic Full Body Dumbbell Workout ADVANCED: - Advanced Full Body Dumbbell Workout</p>	<p>HIIT & CORE EVERYONE: - “Half and Half” All Levels Tabata Style Workout</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk BEGINNER: - Beginner Hip Mobility Exercises ADVANCED: - Advanced Hip Mobility Routine</p>	<p>PILATES BEGINNER: - Beginner Wall Workout ADVANCED: - Pilates Wall Workout</p>
21	22	23	24	25	26	27
<p>REST DAY Health Tip: Try to spend five minutes first thing in the morning in the sunshine! It has been shown to help our health and mood. Journal Prompt: One way I like to have fun is...</p>	<p>LEGS BEGINNER: - Lower Body Beginner Weights Part Two ADVANCED: - “Up and Down” Workout</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Beginner Weights Workout Upper Body Part Two ADVANCED: - Double Double</p>	<p>HIIT & CORE BEGINNER: - Basic HIIT (Non-Impact) ADVANCED: - “Jump To It” Advanced HIIT</p>	<p>MOBILITY & INJURY PREVENTION EVERYONE: - Juicy Spine</p>	<p>PILATES BEGINNER: - Active Aging Workout ADVANCED: - Pilates With Washcloths</p>
28	29	30	31			
<p>REST DAY Health Tip: Write down three things you can do this week to stay consistent with movement and mindset! Each day is a new beginning, so you can start again anytime! Journal Prompt: One thing I would tell my younger self if I could is...</p>	<p>LEGS <i>It's barre day!</i> BEGINNER: - Barre Workout for Beginners ADVANCED: - Advanced Barre Workout</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Arm Workout With Resistance Band ADVANCED: - 30 Minute Full Body Workout With Resistance Band</p>			

*** Notes -**

* BEGINNER vs ADVANCED options - Some days you will be offered beginner and advanced options of a similar workout. On other days, one workout is listed that is appropriate for all levels. You can always chose another workout from the Jessica Valant Pilates Workout library that is more appropriate as well!

* Steady state cardio - in general, steady state cardio means you are aiming for a moderate increase in heart rate that you can sustain for that amount of time. Think walking, jogging, hiking, biking, swimming, dancing, etc.

** These exercises and recommendations are not meant to diagnose or treat any condition you may have. Please get permission from your doctor before starting an exercise routine and always stop if you experience pain, chest pressure or dizziness. By participating in this program you accept all responsibility and agree to hold Jessica Valant Pilates LLC and its agents harmless.*

TABLE 1