



JESSICA VALANT

PILATES

This calendar is meant to be a guided option for a well rounded fitness program for the month. Use our workout library to chose other routines that may be best for you!

New workouts are designated with a yellow highlight.

Have a great month!

October 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
REST DAY Health Tip: Take time to listen to this month's UNLIMITED podcast where we talk about the details of this month's Pilates for Life Challenge! Journal Prompt: This week we are focusing on Pilates for You. Three goals I have for this challenge are...	LEGS BEGINNER: - Pilates Basics Workout ADVANCED: - Advanced Pilates Workout - Pilates Basics Plus	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. Chose what feels best for you!</i> PILATES (two tutorials to help us prepare for the month!) - How to Do a Crunch Without Neck Pain - How to Do a Pilates Roll Up	ARMS BEGINNER: - Quick Arms and Core Workout ADVANCED: - Double Double	HIIT & CORE BEGINNER: - Cardio Pilates Combo Workout - Beginner ADVANCED: - Cardio Pilates Combo Workout - Advanced	MOBILITY & INJURY PREVENTION ALL LEVELS: - 15-20 minute walk - Basic Full Body Stretching	PILATES BEGINNER: - Chair Workout - Seated Pilates ADVANCED: - 30 Minute Full Body Pilates Workout
8	9	10	11	12	13	14

<p>REST DAY Health Tip: Meal prep day! Try the new Chewy Protein Granola Bar recipe in UNLIMITED for a high protein breakfast or snack this week! Journal Prompt: This week we are focusing on Pilates for Strength. One way I feel strong is...</p>	<p>LEGS BEGINNER: - Dumbbells Plus Pilates - Beginner ADVANCED: - Dumbbells Plus Pilates - Advanced</p>	<p>CARDIO Steady state cardio 30-45 minutes PILATES - Basic Thoracic Mobility Routine</p>	<p>ARMS BEGINNER: - Buff Bones - Relief for Neck and Shoulder Tightness ADVANCED: - Pilates Yoga Flow</p>	<p>HIIT & CORE BEGINNER: - Gentle Core Workout ADVANCED: - Cardio Kickboxing</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk ALL LEVELS: - Full Body Stretch and Release</p>	<p>PILATES BEGINNER: - Full Body Knee Friendly Pilates Workout ADVANCED: - Contemporary Meets Classical Pilates Workout</p>
15	16	17	18	19	20	21
<p>REST DAY Health Tip: Smile today! Smile at yourself in the mirror, smile at a stranger on the street, smile at your partner or kids when they walk in the door. Smiling has been proven to improve our health. Journal prompt: This week we are focusing on Pilates for Fun! One way I like to have fun is...</p>	<p>LEGS BEGINNER: - Full Body Workout for Women Over 50 ADVANCED: - 12/12/12</p>	<p>CARDIO Steady state cardio 30-45 minutes PILATES - 10 Minute Pilates Routine for Your Neck</p>	<p>ARMS BEGINNER: - Arthritis Friendly Workout ADVANCED: - Pilates with Washcloths</p>	<p>HIIT & CORE - “Half and Half” All Levels Tabata Style Workout</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk BEGINNER: - Gentle Hip Stretches ADVANCED: - 10 Minute Advanced Hamstring Stretch Routine</p>	<p>PILATES BEGINNER: - Balance Exercises ADVANCED: - 30 Minute Standing Pilates Workout</p>
22	23	24	25	26	27	28

<p>REST DAY Health Tip: Think of daily movement as a way of investing in your own “health” bank account. Each time you move this week you are making that important deposit! Journal Prompt: This week we are focusing on Pilates for Life. One way moving my body serves me in this stage of life is...</p>	<p>LEGS ALL LEVELS: - Pilates for All Ages</p>	<p>CARDIO Steady state cardio 30-45 minutes PILATES - 10 Minute Everyday Pilates Workout</p>	<p>ARMS BEGINNER: - Active Aging Workout ADVANCED: - Pilates Fun With Weights</p>	<p>HIIT & CORE ALL LEVELS: - All Levels Pilates Abs Workout OPTIONAL ADD ON: - Indoor Walking Workout</p>	<p>MOBILITY & INJURY PREVENTION ALL LEVELS: - Juicy Spine</p>	<p>PILATES ALL LEVELS: - 50 Minute All Levels Pilates Mat Class</p>
29	30	31				
<p>REST DAY Health Tip: Remember if you missed a workout or a week of the challenge, it’s no big deal! Give yourself grace and patience. Life happens. Fit in movement when and where you can for your own season of life. Journal Prompt: I am proud of myself for (blank) today...</p>	<p>LEGS ALL LEVELS: - Strength and Stretch</p>	<p>CARDIO Steady state cardio 30-45 minutes PILATES - 10 Minute Stress Relief Exercises</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.*