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!

November 2022 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		CARDIO Steady state cardio 30-45 minutes *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!*	**ARMS** **BEGINNER:** - Arm Workout With Resistance Band **ADVANCED:** - 30 Minute Full Body Workout With Resistance Band *Our monthly live member workout happens at 10:30am mountain time! Click here for the link and details.*	**HIIT & CORE** **BEGINNER:** - Indoor Walking Workout **ADVANCED:** - Buns and Guns HIIT	**MOBILITY & INJURY PREVENTION** - 15-20 minute walk for everyone **BEGINNER:** - Gentle Hip Stretches **ADVANCED:** - Hip and Hamstring Release	**PILATES** **BEGINNER:** - 25 Minute Pilates Basics Workout **ADVANCED:** - 30 Minute Advanced Pilates Workout
6	7	8	9	10	11	12
REST DAY **Health Tip:** Meal prep day! Cut and wash a few veggies and make a large pot of our new Creamy White Bean, Sausage & Kale Soup in UNLIMITED!	**LEGS** **BEGINNER:** - Lower Body Beginner Weights Part One **ADVANCED:** - Lower Body Blast Mat Workout	**CARDIO** Steady state cardio 30-45 minutes	**ARMS** **BEGINNER:** - Upper Body Beginner Weights Part One **ADVANCED:** - Full Body Circuit Workout - Arm Focus	**HIIT & CORE** **BEGINNER:** - Non-Impact HIIT Fundamentals **ADVANCED:** - Advanced HIIT	**MOBILITY & INJURY PREVENTION** **EVERYONE:** - Full Body Stretch and Release	**PILATES** **BEGINNER:** - Balance Exercises **ADVANCED:** - 30 Minute Standing Pilates Workout

13	14	15	16	17	18	19
REST DAY **Health Tip:** Take time to listen to this month's UNLIMITED podcast where we talk about approaching your body with curiosity instead of defeat.	**LEGS** **BEGINNER:** - On and Off the Floor Workout **ADVANCED:** - Strong Ankles, Knees and Hips	**CARDIO** Steady state cardio 30-45 minutes	**ARMS** **BEGINNER:** - 30 Minute Thoracic Mobility Routine (there is also a 10 minute version that's great to start with!) **ADVANCED:** - The Power of Backbends	**HIIT & CORE** **BEGINNER do this one time through, ADVANCED do this two times through!** - All Level HIIT	**MOBILITY & INJURY PREVENTION** - 15-20 minute walk **BEGINNER:** - Beginner Hip Mobility Exercises **ADVANCED:** - Hip Mobility Routine	**PILATES** **BEGINNER:** - Gentle Pilates Workout - Gratitude Focus **ADVANCED:** - Pilates Gratitude Workout *Both of these workouts focus on gratitude, which is perfect in the US as we prepare to celebrate Thanksgiving this week!*
20	21	22	23	24	25	26
REST DAY **Health Tip:** Get outside today and catch some Vitamin D! Take a walk, read for a few moments or simply stand in the fresh air. It's extremely energizing and healthy!	**LEGS** *It's barre day!* **BEGINNER:** Barre Workout for Everyone (recorded live) **ADVANCED:** 40 Minute Barre Pilates Workout	**CARDIO** Steady state cardio 30-45 minutes	**ARMS** **BEGINNER:** - Basic Workout With Dumbbells (do this two times through) **ADVANCED:** - Advanced Workout With Dumbbells	**HIIT & CORE** **BEGINNER:** - Gentle Core Workout **ADVANCED:** - 20 Minute Pilates Tabata	**MOBILITY & INJURY PREVENTION** **EVERYONE:** - Renew and Restore	**PILATES** **BEGINNER:** - Scoliosis Exercises and Stretches **ADVANCED:** - Side to Side Pilates Workout
27	28	29	30			
REST DAY **Health Tip:** Are you prioritizing your workout times every day? Write it down in your calendar or schedule and treat it like a date with yourself! You are worth it.	**LEGS** **BEGINNER:** - Lower Body Beginner Weights Part Two **ADVANCED:** - Full Body Circuit Workout - Leg Focus	**CARDIO** Steady state cardio 30-45 minutes	**ARMS** **BEGINNER:** - Beginner Weights Workout Upper Body Part Two **ADVANCED:** - Double Double			

*** 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.*