



# 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 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			<b>ARMS ALL LEVELS:</b> - <u>“Three Part” Arm Workout</u>	<b>HIIT &amp; CORE BEGINNER:</b> - <u>Cardio Pilates Combo Workout - Beginner</u> <b>ADVANCED:</b> - <u>Cardio Pilates Combo Workout - Advanced</u>	<b>MOBILITY &amp; INJURY PREVENTION EVERYONE:</b> - 10-20 minute walk - <u>Full Body Mobility Workout</u>	<b>PILATES BEGINNER:</b> - <u>25 Minute Pilates Basics Workout</u> <b>ADVANCED:</b> - <u>30 Minute Advanced Pilates Workout</u>
5	6	7	8	9	10	11
<b>REST DAY</b> <b>Health Tip:</b> Take time to listen to this month’s podcast about how we get to choose how we react to things. <b>Journal Prompt:</b> One helpful sentence I can CHOOSE to tell myself this week is...	<b>LEGS BEGINNER:</b> - <u>Beginner Weights Lower Body Part One</u> <b>ADVANCED:</b> - <u>“Home Gym” Leg Workout</u>	<b>CARDIO</b> 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>	<b>ARMS BEGINNER:</b> - <u>Pilates for Arms and Abs</u> <b>ADVANCED:</b> - <u>Towels, Teasers and More</u>	<b>HIIT &amp; CORE BEGINNER:</b> - <u>Gentle Core Workout</u> and - <u>Basic Workout With Dumbbells</u> <b>ADVANCED:</b> - <u>“Up and Down” Metabolic Conditioning and Pilates Workout</u>	<b>MOBILITY &amp; INJURY PREVENTION</b> - 10-20 minute walk - <u>“Go with the Flow” Hip Stretch</u>	<b>PILATES BEGINNER</b> - <u>Wall Pilates Workout for Beginners</u> <b>ADVANCED</b> - <u>45 Minute Pilates Wall Workout</u> <i>If you have a reformer at home, today is a great day for the new Reformer with the Box workout!</i>

12	13	14	15	16	17	18
<b>REST DAY</b> <b>Health Tip:</b> Pick a new recipe from the UNLIMITED recipe library and give it a try! Our new 10 Minute Lemon Chicken Soup is one of my favorites. <b>Journal prompt:</b> One way I can show myself more patience is...	<b>LEGS</b> <b>EVERYONE:</b> - <a href="#">30 Minute Resistance Loop Workout</a> <b>IF YOU DON'T HAVE A LOOP:</b> - <a href="#">Strength and Stretch</a>	<b>CARDIO</b> Steady state cardio 30-45 minutes	<b>ARMS</b> <b>BEGINNER:</b> - <a href="#">Beginner Weights Upper Body Part One</a> <b>ADVANCED:</b> - <a href="#">Buns and Guns Workout with Weights</a>	<b>HIIT &amp; CORE</b> <b>BEGINNER:</b> - <a href="#">Indoor Walking Workout</a> <b>ADVANCED:</b> - <a href="#">Indoor Walking Workout with a Step</a>	<b>MOBILITY &amp; INJURY PREVENTION</b> <b>ALL LEVELS:</b> - 10-20 minute walk - <a href="#">Gentle Full Body Stretch</a>	<b>PILATES</b> <b>BEGINNER:</b> - <a href="#">Full Body Beginner Pilates</a> <b>ADVANCED:</b> - <a href="#">Pilates with the Small Ball</a>
19	20	21	22	23	24	25
<b>REST DAY</b> <b>Health Tip:</b> Try to spend five minutes first thing in the morning in the sunshine! It has been shown to help our health and mood. <b>Journal Prompt:</b> One thing I am grateful for about my body right now is...	<b>LEGS</b> <i>It's barre day!</i> <b>BEGINNER:</b> - <a href="#">Barre Challenge Routine</a> <b>ADVANCED:</b> - <a href="#">HIIT Barre Workout</a>	<b>CARDIO</b> Steady state cardio 30-45 minutes	<b>ARMS</b> <b>BEGINNER</b> - <a href="#">Seated Arm Workout With Weights</a> <b>ADVANCED</b> - <a href="#">"Home Gym" Arm Workout</a>	<b>GRATITUDE DAY</b> <b>ALL LEVELS:</b> - <a href="#">Gentle Pilates - Gratitude Focus</a> <i>Today's workout focuses on gratitude for ourselves and those around us. I am thankful for you today as well!</i>	<b>MOBILITY &amp; INJURY PREVENTION</b> - 10-20 Minute Walk - <a href="#">Bodyweight Exercises</a>	<b>PILATES</b> <b>BEGINNER:</b> - <a href="#">Pilates for Women Over 60</a> <b>ADVANCED:</b> - <a href="#">50 Minute Intermediate Pilates Workout</a>
26	27	28	29	30		

<p><b>REST DAY</b>  <b>Health Tip:</b>          Stop right now and close your eyes. Take five deep breaths in and out. Practice this throughout the day when you need to feel calm and grounded.  <b>Journal Prompt:</b>          One thing that makes me feel calm is...</p>	<p><b>LEGS</b>  <b>BEGINNER:</b>          - <u>Lower Body Beginner Weights Part Two</u>  <b>ADVANCED:</b>          - <u>Primal Movement</u></p>	<p><b>CARDIO</b>          Steady state cardio          30-45 minutes</p>	<p><b>ARMS</b>  <b>BEGINNER:</b>          - <u>Arm Workout With Resistance Band</u>  <b>ADVANCED:</b>          - <u>30 Minute Full Body Workout With Resistance Band</u></p>	<p><b>HIIT &amp; CORE</b>  <b>BEGINNER:</b>          - <u>Basic Non-Impact HIIT</u>  <b>ADVANCED:</b>          - <u>“Jump To It” Advanced HIIT</u></p>		
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**\* 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.*