



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!

February 2024 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				HIIT & CORE ALL LEVELS: - All Levels Cardio Kickboxing	MOBILITY & INJURY PREVENTION EVERYONE - 15-20 minute walk - "Heart Opening" Stretch Routine	PILATES EVERYONE - 50 Minute All Levels Pilates Mat Class
4	5	6	7	8	9	10
REST DAY Health Tip: Meal prep day! Make sure you have the ingredients for our newest recipe Cookie Yogurt Snack Bowl for quick snacks this week! Journal Prompt: I'm most excited for (blank) this week...	LEGS BEGINNER - Stronger Bones Osteoporosis Workout ADVANCED - Jessica's Full Body Workout With Weights	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>	ARMS BEGINNER - Seated Arm Workout With Dumbbells ADVANCED - Towels, Teasers and More	HIIT & CORE BEGINNER - Cardio Pilates Combination Workout ADVANCED - Kettlebell Kapow!	MOBILITY & INJURY PREVENTION EVERYONE - 15-20 minute walk - Hip Flexor Workout	PILATES EVERYONE - 30 Minute Standing Workout
11	12	13	14	15	16	17

<p>REST DAY Health Tip: Take time to listen to this month's UNLIMITED podcast where we talk about working for the future you. Journal Prompt: I celebrate my body when...</p>	<p>LEGS EVERYONE - <u>"Three Part" Legs Workout</u></p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER - <u>Beginner Weight Workout</u> ADVANCED - <u>Power of Backbends</u></p>	<p>HIIT & CORE EVERYONE - <u>Steady State Cardio Blast</u></p>	<p>EVERYONE - 15-20 minute walk - <u>Exercises for Nervous System Regulation</u></p>	<p>PILATES BEGINNER: - <u>Full Body Workout For Women Over 50</u> ADVANCED: - <u>Pilates Challenge With Weights</u></p>
18	19	20	21	22	23	24
<p>REST DAY Health Tip: Get some fresh air! Even if it's cold outside, bundle up for a few minutes and get outside. It will give you a natural energy boost! Journal Prompt: One way I can get out of my comfort zone this week is...</p>	<p>LEGS <i>It's barre day!</i> BEGINNER - <u>Beginner Barre Workout</u> ADVANCED - <u>Sculpted Legs and Abs Barre Workout</u></p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS EVERYONE - <u>Full Body Workout With Weights</u></p>	<p>HIIT & CORE EVERYONE - Start with <u>10 Minute Walking Workout</u> BEGINNER - Add <u>Beginner Core Workout</u> ADVANCED - Add <u>Pilates Tabata Burn</u></p>	<p>MOBILITY & INJURY PREVENTION EVERYONE - 15-20 minute walk - <u>"Go With The Flow" Hip Stretches</u></p>	<p>PILATES BEGINNER - <u>Neck Friendly Pilates Workout</u> ADVANCED - <u>Contemporary Meets Classical Pilates Workout</u></p>
25	26	27	28	29		
<p>REST DAY Health Tip: Think of one thing you are grateful to your body for. <u>This video</u> may help give you some inspiration. Please know I am grateful for YOU! Journal Prompt: One thing I'm grateful for today is...</p>	<p>LEGS EVERYONE - <u>10 Minute Leg Workout With Weights</u> BEGINNER - Add <u>Knee Friendly Pilates Workout</u> ADVANCED - Add <u>Hips, Ankles and Knees - Oh My!</u></p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS EVERYONE - <u>"Three Part" Arm Workout</u></p>	<p>HIIT & CORE BEGINNER - <u>30 Minute Walking Workout at Home</u> ADVANCED - <u>Indoor Walking Workout - With a Step</u></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 choose another workout from the Jessica Valant Pilates Workout library that is more appropriate as well!

* We also have curated workout calendars on the website and app which include a postpartum workout calendar, prolapse safe workout calendar, beginner workout calendar and back health workout calendar!

* 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.*