

JESSICA VALANT

movement with heart *Pilates*

Please read through the notes at the bottom of the calendar. There are tips to help you get the most out of your workout calendar!

New workouts are designated with a yellow highlight.

March 2022 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		CARDIO - Steady state cardio 30-45 minutes - Use the new 10 Moves in 10 Minutes Pilates Workout as a warm up or cool down today!	ARMS - Beginner Weights Workout Upper Body Part Two Join for our monthly live members only workout at 10:00am MDT! Click here for the link and details.	HIIT & CORE - Pilates Tabata Burn	MOBILITY & INJURY PREVENTION - 20 Minute Walk - 10 Minute Hip Flexor Stretch Routine	PILATES - Pilates for Every Body!
6	7	8	9	10	11	12
REST DAY Health Tip: Meal prep day! Pick a new to you recipe from the UNLIMITED library to make eating healthy easier this week! The muffins are all easy to freeze and make for great breakfasts and snacks! Journal Prompt: I feel strongest when...	LEGS - Leg Power Workout	CARDIO - Steady state cardio 30-45 minutes	ARMS - Journey to Handstands	HIIT & CORE - Sculpting Chair Workout	MOBILITY & INJURY PREVENTION - Buff Bones Release for Neck and Shoulder Tightness	PILATES - Double Double
13	14	15	16	17	18	19

REST DAY Health Tip: If you haven't read or listened to the monthly "Be Inspired" on the membership site, take some time to do it today. We are answering all your questions about pain. Journal Prompt: One way I can take care of myself this week is...	LEGS - Booty Burner Workout	CARDIO - Steady state cardio 30-45 minutes	ARMS - Seated Arm Workout with Weights - 5 Minute Shoulders	HIIT & CORE - Non-Impact HIIT Fundamentals	MOBILITY & INJURY PREVENTION - 15 minute walk - Shoulder Stretch	PILATES - Full Body Pilates Toning Workout
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! Journal Prompt: I feel most energized when...	LEGS <i>It's barre day!</i> - Barre Pilates Full Body Workout	CARDIO - Steady state cardio 30-45 minutes	ARMS - Beginner Weight Workout Full Body	HIIT & CORE - Buns and Guns HIIT	MOBILITY & INJURY PREVENTION - Full Body Stretch and Flexibility Routine	PILATES - Pilates Challenge With Weights
27	28	29	30	31		

REST DAY Health Tip: Purge! Take 30 minutes, choose a room or closet and declutter. Pack a giveaway bag of clothes, clean out toys your kids don't use or throw away expired items in the pantry. Journal Prompt: One thing I can work on to feel more peace is...	LEGS - Creative Resistance Loop Workout	CARDIO - Steady state cardio 30-45 minutes	ARMS - Quickie Arm Burn with Light Weights - Standing Weight Combo #1	HIIT & CORE - Advanced HIIT		
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* **Notes -**

* **Cardio** - We will have three designated cardio blocks each week. Your goal during this block of exercise is to do any activity that increases your heart rate. This can include walking, running, hiking, biking, dancing, etc... On Mondays and Saturdays, this will be a steady state cardio session, meaning your goal is to increase your heart rate and maintain that during your session. Think a steady walk, bike ride or run. 30 minutes is your goal, but if you are new to exercise, start shorter and build up! Try to switch it up occasionally to challenge your body! If you always ride a stationary bike, try the elliptical or walking hills. The changes come in our body when we change it up and challenge ourselves.

* **HIIT** (Wednesdays) - High intensity interval training (HIIT) is meant to really challenge you by getting your heart rate up in shorter bursts of energy and time. These are meant to be a challenge and get you out of that comfort zone! Some days will include a workout that involves any cardio of your choice. You will warm up for a few minutes, then alternate going hard and resting for a certain amount of time. If you are walking, then try jogging or walking up hills for your work. Then walk normal for your rest. If you are running, try sprinting for the work and running normally for the rest. You get the picture. Just make yourself work :)!.

* **Modify** - Modify any workout as needed for your body! For example, if you are on leg day and want to find a different leg workout, check the membership site for many alternative options.

* **Links** - Any workout that is underlined is a link to a video or pdf taking you through the workout. Just click on it to be redirected.

* **Active rest days** - Active rest days are days that you get some movement while also letting your body rest and recover. This may include a bike ride with your family, a stretching session or a gentle yoga class.

* **Injuries** - If you have any injuries, you may need to skip certain exercises or routines. Please see the UNLIMITED Membership Site for alternate exercise routines for various injuries! We have specialty workouts for knee pain, sciatica, scoliosis, low back pain, runner injuries and more! Modify as needed. As always, check with a doctor before making any exercise changes and always stop if you have pain.

* **Missing a Workout** - This will happen! Maybe you are sick, maybe you have a meeting or maybe you have an injury that keeps you from doing that specific workout that day. If you want to pick another workout, you can always chose anything from our Happy Hour Mama archives! If you have a really busy Wednesday, make that your rest day and do your intervals the next day!

* **Be consistent** - Do your best to stick with the program, as habits and changes are built with consistency! If you miss a day, just jump back in the next day! If you are traveling or an event comes up that changes your schedule, you can switch days as needed. The key is to just be consistent.

* *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*

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