



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!

March 2024 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					MOBILITY & INJURY PREVENTION - 15-20 minute walk for everyone BEGINNER: - <u>Gentle Hip Stretches</u> ADVANCED: - <u>Hip and Hamstring Release</u>	PILATES EVERYONE: - <u>"No Arms" Pilates Workout</u>
3	4	5	6	7	8	9
REST DAY Health Tip: Take time to listen to this month's UNLIMITED podcast where we talk about how our bodies are meant to move. Journal Prompt (after listening to the members podcast): One thing I can do to "leave the harbor" this week is...	LEGS EVERYONE: - <u>Full Body Bodyweight Workout</u> <i>Our live Coffee Chat with Jessica is happening at 8:00am pacific time! The subject this month is "What to do about the weight around the middle". Click here for the link and details.</i>	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: - <u>Upper Body Beginner Weights Part One</u> ADVANCED: - <u>Full Body Circuit Workout - Arm Focus</u>	HIIT & CORE BEGINNER do this one time through, ADVANCED do this two times through! - <u>Ski Conditioning Workout</u>	MOBILITY & INJURY PREVENTION EVERYONE: - <u>Full Body Mobility Workout</u>	PILATES BEGINNER: - <u>25 Minute Pilates Basics Workout</u> ADVANCED: - <u>Athletic Pilates Routine</u>
10	11	12	13	14	15	16

<p>REST DAY Health Tip: Take a few minutes to meal plan or meal prep! Check out the new members recipe Easy “Checklist” Lunch and prep some ingredients for the week ahead. Journal Prompt: I am proud of myself for this today...</p>	<p>LEGS BEGINNER: - Lower Body Beginner Weights Part One ADVANCED: - Full Body Circuit Workout - Leg Focus</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS EVERYONE: - All Levels Upper Back and Shoulder Workout</p>	<p>HIIT & CORE EVERYONE: - Step Aerobics If you don't have access to a step, here is an alternative: - Indoor Walking Workout</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk EVERYONE: - 10 Minute Thoracic Mobility Routine</p>	<p>PILATES BEGINNER: - Arthritis Friendly Workout ADVANCED: - Pilates With The Small Ball</p>
17	18	19	20	21	22	23
<p>REST DAY Health Tip: Smile at someone today. Whether it's in line at the store or at work or passing someone on the sidewalk - a smile can brighten someone's day! Journal Prompt: One way I feel strong today is...</p>	<p>LEGS <i>It's barre day!</i> BEGINNER: - Barre Challenge Routine ADVANCED: - HIIT Barre Workout</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Basic Workout With Dumbbells (do this two times through) ADVANCED: - Advanced Workout With Dumbbells (do this two times through)</p>	<p>HIIT & CORE BEGINNER: - Gentle Core Workout ADVANCED: - 20 Minute Pilates Tabata</p>	<p>MOBILITY & INJURY PREVENTION EVERYONE: - Full Body Stretch Routine</p>	<p>PILATES BEGINNER: - Scoliosis Exercises and Stretches ADVANCED: - Side to Side Pilates Workout</p>
24	25	26	27	28	29	30
<p>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. Journal Prompt: One thing I was excited for in a workout this past week was...</p>	<p>LEGS EVERYONE: - Strength and Stretch</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Beginner Weights Workout Upper Body Part Two ADVANCED: - Double Double</p>	<p>HIIT & CORE BEGINNER: - Non-Impact HIIT Fundamentals ADVANCED: - Advanced HIIT</p>	<p>MOBILITY & INJURY PREVENTION EVERYONE: - Relief for Neck and Shoulder Tightness</p>	<p>PILATES BEGINNER: - Pilates for Women Over 60 ADVANCED: - “Pilates Circles” Mat Workout</p>

REST DAY**Health Tip:**

Make sure you are using kind words with yourself! Stop any hurtful self-talk and speak to yourself like you would a dear friend.

Journal Prompt:

One thing I'm excited for in the upcoming UNLIMITED challenge is...

*** 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.*