



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!

April 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 PILATES BEGINNER: - Full Body Beginner Pilates Workout ADVANCED: - Full Body Intermediate Pilates Workout
2	3	4	5	6	7	8
REST DAY Health Tip: Take time to listen to this month's podcast about our Happy Hips Challenge and watch our Hip Assessment Video here to get started! Journal Prompt: My hopes for the Happy Hips Challenge are... HAPPY HIPS: - Hip Mobility Assessment	LEGS BEGINNER: - Pilates For Women Over 60 ADVANCED: - 12/12/12 HAPPY HIPS: - 10 Minute Basic Hip Stretches or 10 Minute Advanced Hip Stretches Our new member Q&A happens at 9:30am mountain time! Click here for the link and details.	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> HAPPY HIPS: - 10 Minute Workout for Stronger Hips	ARMS All Levels - All Level Upper Back and Shoulder Workout HAPPY HIPS: - Standing Hip Mobility Our monthly live workout happens at 10:30am mountain time! Click here for the link and details.	HIIT & CORE BEGINNER: - Basic HIIT (non-impact) ADVANCED: - "Jump To It" Advanced HIIT HAPPY HIPS: - Go With The Flow Hip Stretch	MOBILITY & INJURY PREVENTION - 15-20 minute walk HAPPY HIPS: - Beginner Hip Mobility Workout or Advanced Hip Mobility Routine	PILATES BEGINNER: - Full Body Workout For Women Over 50 ADVANCED: - Pilates Challenge With Weights HAPPY HIPS: - Basic Thoracic Mobility Routine
9	10	11	12	13	14	15

<p>REST DAY Health Tip: Pick a new recipe from the UNLIMITED recipe library and give it a try! Journal prompt: One memory I have of a time I felt good in my body is... HAPPY HIPS: - Hip Mobility Assessment</p>	<p>LEGS BEGINNER: - On and Off the Floor Workout ADVANCED: - Hips, Knees and Ankles - Oh My! <i>These workouts are both part of the Happy Hips Challenge!</i></p>	<p>CARDIO Steady state cardio 30-45 minutes HAPPY HIPS: - 10 Minute Basic Hip Stretches or 10 Minute Advanced Hip Stretches</p>	<p>ARMS All levels: - Upper Back Strengthening and Stretching HAPPY HIPS: - Beginners add: Basic Thoracic Mobility Routine Advanced add: 30 Minute Thoracic Mobility Routine</p>	<p>HIIT & CORE - “Half and Half” All Levels Tabata Style Workout HAPPY HIPS: - Standing Hip Mobility</p>	<p>MOBILITY & INJURY PREVENTION EVERYONE: - Juicy Spine HAPPY HIPS: - Beginner Hip Mobility Workout or Advanced Hip Mobility Routine</p>	<p>PILATES BEGINNER: - Active Aging Workout ADVANCED: - Full Body Toning Slider Workout HAPPY HIPS CHALLENGE: - Hip Flexor Stretch</p>
16	17	18	19	20	21	22
<p>REST DAY Health Tip: Try to spend five minutes first thing in the morning in the sunshine! It has been shown to help our health and mood. Journal Prompt: Something I learned during the 14 day challenge is... HAPPY HIPS: - Hip Mobility Assessment</p>	<p>LEGS <i>It's barre day!</i> BEGINNER: - Barre Workout for Beginners ADVANCED: - 40 Minute Barre Pilates Workout HAPPY HIPS: - 10 Minute Basic Hip Stretches or 10 Minute Advanced Hip Stretches</p>	<p>CARDIO Steady state cardio 30-45 minutes HAPPY HIPS: - 10 Minute Workout for Stronger Hips</p>	<p>ARMS BEGINNER - Seated Arm Workout With Weights ADVANCED - Journey to Handstand HAPPY HIPS: - Standing Hip Mobility</p>	<p>HIIT & CORE BEGINNER: - Indoor Walking Workout ADVANCED: - Cardio Kickboxing HAPPY HIPS: - Go With The Flow Hip Stretch</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk All Levels: - 10 Minute Shoulder Mobility Workout HAPPY HIPS: - Beginner Hip Mobility Workout or Advanced Hip Mobility Routine</p>	<p>PILATES BEGINNER: - Neck Friendly Pilates Workout ADVANCED: - Fast Paced Pilates Workout HAPPY HIPS: - Basic Thoracic Mobility Routine</p>
23	24	25	26	27	28	29

<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: I'm most proud of myself today for... HAPPY HIPS: - Hip Mobility Assessment</p>	<p>LEGS BEGINNER: - On and Off the Floor Workout ADVANCED: - Hips, Knees and Ankles - Oh My! <i>These workouts are both part of the Happy Hips Challenge!</i></p>	<p>CARDIO Steady state cardio 30-45 minutes HAPPY HIPS: - 10 Minute Basic Hip Stretches or 10 Minute Advanced Hip Stretches</p>	<p>ARMS All Levels - Full Body Workout With Weights HAPPY HIPS: - Beginners add: Basic Thoracic Mobility Routine Advanced add: 30 Minute Thoracic Mobility Routine</p>	<p>HIIT & CORE All Levels - 5 Minute Pilates Abs BEGINNER - Add Seated Pilates Exercises ADVANCED - Add Pilates Tabata Burn HAPPY HIPS: - Standing Hip Mobility</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk - 15 Minute Bodyweight Exercises HAPPY HIPS: - Beginner Hip Mobility Workout or Advanced Hip Mobility Routine</p>	<p>PILATES BEGINNER - 20 Minute Stress Relief Workout ADVANCED - Contemporary Meets Classical Pilates Workout HAPPY HIPS CHALLENGE: - Hip Flexor Stretch</p>
30						
<p>REST DAY Health Tip: Practice smiling today. Smile at your family members, co-workers and people on the street. You could make someone's day! Journal Prompt: One thing that always makes me smile is... HAPPY HIPS: - Hip Mobility Assessment</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 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.*