

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.

May 2022 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
REST DAY Health Tip: Create three goals you have for yourself as we start our three week STRONG challenge. Listen to this month's podcast recording to get all the details! Follow the journal prompt PDF to help set your mindset for success.	LEGS - <u>Lower Body Beginner Weights Part One</u>	CARDIO Steady state cardio 30-45 minutes	ARMS - <u>Upper Body Beginner Weights Part One</u> <i>Join for our monthly live members only workout at 11:00m MST! Click here for the link and details.</i>	HIIT & CORE - <u>Cardio Kickboxing</u>	MOBILITY & INJURY PREVENTION - <u>Buff Bones Release for Neck and Shoulder Tightness</u>	PILATES - <u>45 Minute Pilates Slow Burn</u> OR - <u>Here is the 20 minute version if you are low on time!</u>
8	9	10	11	12	13	14
REST DAY Health Tip: Share a compliment out of the blue with someone today! Positive words can go a long way to turn someone's day around. (This includes saying kind words to yourself 😊.)	LEGS - <u>Lower Body Beginner Weights Part Two</u>	CARDIO Steady state cardio 30-45 minutes <i>(This Walking Workout is a great indoor option! Do it two times through.)</i>	ARMS - <u>Beginner Weights Workout Upper Body Part Two</u>	HIIT & CORE - <u>All Level HIIT (do this two times through!)</u>	MOBILITY & INJURY PREVENTION - 15-20 minute walk - <u>Gentle Hip Stretches</u>	PILATES - <u>Double Double</u>
15	16	17	18	19	20	21

<p>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!</p>	<p>LEGS <i>It's barre day!</i> - Barre Pilates Full Body Workout</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS - 30 Minute Full Body Workout With Weights</p>	<p>HIIT & CORE - Steady State Cardio Blast</p>	<p>MOBILITY & INJURY PREVENTION - Renew and Restore</p>	<p>PILATES - Pilates Fun With Weights</p>
22	23	24	25	26	27	28
<p>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.</p>	<p>LEGS - Jessica's Full Body Sculpt With Weights OR - Beginner Weight Workout</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS - Journey To Handstands</p>	<p>HIIT & CORE - Advanced HIIT OR - Non-Impact HIIT Fundamentals</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk - Hip and Hamstring Release</p>	<p>PILATES - Athletic Pilates Mat Class</p>
29	30	31				
<p>REST DAY Health Tip: Write down three things you are grateful for today. Keep it by your bed and read it every morning this week!</p>	<p>LEGS - Leg Power Workout</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>				

* **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.*