



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!

May 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	LEGS BEGINNER: - Stronger Bones Osteoporosis Workout ADVANCED: - Pilates Fun With Weights	CARDIO Steady state cardio 30-45 minutes <i>Beginner cardio options would include walking or gentle indoor cycling or hiking. Advanced may be running, jogging, an indoor cycling class or row machine. Chose what feels best for you!</i>	ARMS BEGINNER: - Arm Workout With Resistance Band ADVANCED: - 30 Minute Full Body Workout With Resistance Band <i>Our live member workout happens at 10:30am mountain time! Click here for the link and details.</i>	HIIT & CORE BEGINNER: - Indoor Walking Workout (you can do this two times through!) ADVANCED: - Indoor Walking Workout With a Step	MOBILITY & INJURY PREVENTION EVERYONE: - 15-20 minute walk EVERYONE: - Buff Bones Relief for Neck and Shoulder Tightness	PILATES BEGINNER: - Beginner Pilates Wall Workout ADVANCED: - Pilates Wall Workout
7	8	9	10	11	12	13
REST DAY Health Tip: Take time to listen to this month's UNLIMITED podcast where we talk about the science and tips behind setting goals! Journal Prompt: One goal I have for the next three months is...	LEGS EVERYONE: - Strength and Stretch <i>Our new member call happens at 10:30am mountain time! Click here for the link and details.</i>	CARDIO Steady state cardio 30-45 minutes	ARMS BEGINNER: - Upper Body Beginner Weights Part One ADVANCED: - Full Body Circuit Workout - Arm Focus	HIIT & CORE BEGINNER: - Non-Impact HIIT Fundamentals ADVANCED: - Advanced HIIT	MOBILITY & INJURY PREVENTION EVERYONE: - Full Body Stretch and Release	PILATES BEGINNER: - Balance Exercises ADVANCED: - Full Body Pilates Yoga Fusion
14	15	16	17	18	19	20

<p>REST DAY Health Tip: Take a few minutes to meal plan or meal prep! I use this day to peel and chop raw carrots and celery for the week, as well as make a batch of muffins for breakfasts and lunches! Don't forget to try this month's High Protein Tuna Salad. Journal Prompt: I am proud of myself for this today...</p>	<p>LEGS BEGINNER: - Lower Body Beginner Weights Part One - ADVANCED: - Lower Body Blast</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Pilates for Arms and Abs ADVANCED: - Towels, Teasers and More</p>	<p>HIIT & CORE BEGINNER do this one time through, ADVANCED do this two times through! - All Level HIIT</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk EVERYONE: - Shoulder Mobility Routine</p>	<p>PILATES BEGINNER: - 25 Minute Pilates Basics Workout ADVANCED: - 30 Minute Advanced Pilates Workout</p>
21	22	23	24	25	26	27
<p>REST DAY Health Tip: Get outside today and catch some Vitamin D! Try to do it within two hours of waking in order to help your circadian rhythm for the day. Journal Prompt: One non-scale victory I am excited for 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: - Seated Arm Workout With Dumbbells 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 - 15-20 minute walk EVERYONE: - Basic Full Body Stretch</p>	<p>PILATES BEGINNER: - Perimenopause Workout ADVANCED: - Pilates for Heat</p>
28	29	30	31			

<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.</p> <p>Journal Prompt: One thing I was excited for in a workout this past week was...</p>	<p>LEGS BEGINNER: - Lower Body Beginner Weights Part Two</p> <p>ADVANCED: - Full Body Circuit Workout - Leg Focus</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Beginner Weights Workout Upper Body Part Two</p> <p>ADVANCED: - Double Double</p>			
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*** 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.*