



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!

June 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				HIIT & CORE BEGINNER: - <u>Non-Impact HIIT Fundamentals</u> ADVANCED: - <u>Advanced HIIT</u>	MOBILITY & INJURY PREVENTION - 15-20 Minute Walk - <u>Basic Thoracic Mobility Routine</u>	PILATES All Levels: - <u>"1, 2, 3" Pilates Workout</u>
	4	5	6	7	8	9
REST DAY Health Tip: Take time to listen to this month's podcast about how to exercise when seasons of life change. Journal Prompt: One thing that makes me feel calm is...	LEGS BEGINNER: - <u>Pilates For Women Over 60</u> ADVANCED: - <u>"Home Gym" Leg Workout</u>	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 All Levels - <u>All Level Upper Back and Shoulder Workout</u> <i>Our monthly live workout happens at 9:30am mountain time! Click here for the link and details.</i>	HIIT & CORE BEGINNER: - <u>Basic HIIT (non-impact)</u> ADVANCED: - <u>"Jump To It" Advanced HIIT</u>	MOBILITY & INJURY PREVENTION EVERYONE: - <u>Juicy Spine</u>	PILATES BEGINNER: - <u>Full Body Workout For Women Over 50</u> ADVANCED: - <u>Pilates Challenge With Weights</u>
	11	12	13	14	15	16
						17

<p>REST DAY Health Tip: Pick a new recipe from the UNLIMITED recipe library and give it a try! The new Oatmeal Chocolate Bites are a perfect protein filled snack. Journal prompt: One memory I have of a time I felt good in my body is...</p>	<p>LEGS BEGINNER: - On and Off the Floor Workout ADVANCED: - Hips, Knees and Ankles - Oh My!</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS EVERYONE: - Arm Workout With Resistance Band For extra you can add: - Upper Back Strengthening and Stretching</p>	<p>HIIT & CORE - “Half and Half” All Levels Tabata Style Workout</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk BEGINNER: - Beginner Hip Mobility Workout ADVANCED: - Advanced Hip Mobility Routine</p>	<p>PILATES BEGINNER: - Active Aging Workout ADVANCED: - Contemporary Meets Classical Pilates Workout</p>
18	19	20	21	22	23	24
<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: One thing I can learn from this season of life is...</p>	<p>LEGS <i>It's barre day!</i> BEGINNER: - Barre Workout for Beginners ADVANCED: - 40 Minute Barre Pilates Workout</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER - Seated Arm Workout With Weights ADVANCED - Journey to Handstand</p>	<p>HIIT & CORE BEGINNER: - Indoor Walking Workout ADVANCED: - Cardio Kickboxing</p>	<p>MOBILITY & INJURY PREVENTION EVERYONE: - Stress Relief Exercises</p>	<p>PILATES BEGINNER: - Neck Friendly Pilates Workout ADVANCED: - Fast Paced Pilates Workout</p>
25	26	27	28	29	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...</p>	<p>LEGS - “A Little Bit of Everything!”</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS All Levels - Full Body Workout With Weights</p>	<p>HIIT & CORE All Levels - 5 Minute Pilates Abs BEGINNER - Add Seated Pilates Exercises ADVANCED - Add Pilates Tabata Burn</p>	<p>MOBILITY & INJURY PREVENTION - 15-20 minute walk - 15 Minute Bodyweight Exercises</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.*