



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!

July 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 PILATES BEGINNER: - <u>25 Minute Pilates Basics Workout</u> ADVANCED: - <u>30 Minute Advanced Pilates Workout</u> WALKING CHALLENGE: - Baseline assessment walk! Go for a walk at your own pace and speed and stop whenever it feels right to you. Then write down how far or long you were able to go. This becomes your baseline for the challenge! For now we will consider beginners 0-15 minutes, intermediate 15-30 minutes and advanced 30 minutes and over.
	2	3	4	5	6	7
						8

<p>REST DAY Health Tip: Take time to listen to this month's podcast about our Walking Challenge!</p> <p>Journal Prompt: My hopes for the Walking Challenge are...</p> <p>WALKING CHALLENGE: - Plan out your walks for the next week and get your checklists ready so you have a general schedule to follow and the ability to take notes!</p>	<p>LEGS EVERYONE: - Strength and Stretch</p> <p>WALKING CHALLENGE: - Beginners walk for 10-15 minutes. Intermediate level walk for 20-25 minutes. Advanced level walk for 30 minutes or more. Focus on your form today, including eyes forward, a tall posture and long strides and arm swings!</p>	<p>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></p> <p>WALKING CHALLENGE: - Use a walk for your steady state cardio option today. Chose one idea from the Challenge Ideas list to apply today!</p>	<p>ARMS All Levels - All Level Upper Back and Shoulder Workout</p> <p>WALKING CHALLENGE: - Go on your baseline walk from July 1st and add five minutes OR 1000 steps. See how it feels! <i>Our monthly live session with Jessica starts at 9:00am mountain time! We will be talking about the challenge and doing a Q&A with all your questions about exercise and UNLIMITED! Click here for the link and details.</i></p>	<p>HIIT & CORE BEGINNER: - 10 Minute Walking Workout at Home</p> <p>ADVANCED: - 30 Minute Walking Workout at Home</p> <p>WALKING CHALLENGE: - Both workouts above are a part of the walking challenge!</p>	<p>MOBILITY & INJURY PREVENTION EVERYONE: - Gentle Full Body Stretch</p> <p>WALKING CHALLENGE: - Beginners walk 15 minutes, intermediate walk 25 minutes and advanced walk 35 minutes. Chose another idea from the Challenge Ideas list to try!</p>	<p>PILATES BEGINNER: - Gentle Pilates - Gratitude Focus</p> <p>ADVANCED: - 4x6 Pilates Workout</p> <p>WALKING CHALLENGE: - Go on your baseline walk from July 1st and add five minutes OR 1000 steps.</p>
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!</p> <p>Journal prompt: How I feel after one week of the walking challenge...</p> <p>WALKING CHALLENGE: - Write down how the previous week went. Note what worked for you and what didn't and make some goals for this coming week!</p>	<p>LEGS BEGINNER: - Beginner Weights Lower Body Part One</p> <p>ADVANCED: - "Home Gym" Leg Workout</p> <p>WALKING CHALLENGE: - Baseline walk number two! Go for a walk at your own pace and speed and stop when you feel fatigued. Then write down how far or long you were able to go. See how it compares to one week ago!</p>	<p>CARDIO Steady state cardio 30-45 minutes WALKING CHALLENGE: - Use a walk for your steady state cardio option today. Chose one idea from the Challenge Ideas list to apply today!</p>	<p>ARMS BEGINNER: - Pilates for Arms and Abs</p> <p>ADVANCED: - Towels, Teasers and More</p> <p>WALKING CHALLENGE: - Go on your baseline walk from July 10th and add five minutes OR 1000 steps. See how it feels!</p>	<p>HIIT & CORE - "Half and Half" All Levels Tabata Style Workout</p> <p>WALKING CHALLENGE: - Go for a walk after you complete the workout above. You decide the length of walk. Focus on how it feels to shake out your muscles with a walk after a workout!</p>	<p>MOBILITY & INJURY PREVENTION EVERYONE: - Hip Flexor Workout</p> <p>WALKING CHALLENGE: - Beginners walk 20 minutes, intermediate walk 30 minutes and advanced walk 40 minutes. Chose another idea from the Challenge Ideas list to try! Remember, this can be broken up throughout the day.</p>	<p>PILATES BEGINNER: - Arthritis Friendly Workout</p> <p>ADVANCED: - Pilates with the Small Ball</p> <p>WALKING CHALLENGE: - Go on your baseline walk from July 10th and add five minutes OR 1000 steps.</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: How I feel after two weeks of the walking challenge... WALKING CHALLENGE: - Pick five things from the Walking Challenge Ideas list to try this week during your walks!</p>	<p>LEGS <i>It's barre day!</i> BEGINNER: - Barre Challenge Routine ADVANCED: - HIIT Barre Workout WALKING CHALLENGE: - Baseline walk number three! Go for a walk at your own pace and speed and stop when you feel fatigued. Then write down how far or long you were able to go. See how it compares to one week ago!</p>	<p>CARDIO Steady state cardio 30-45 minutes WALKING CHALLENGE: - Use a walk for your steady state cardio option today. Chose one idea from the Challenge Ideas list to apply today!</p>	<p>ARMS BEGINNER - Seated Arm Workout With Weights ADVANCED - "Home Gym" Arm Workout WALKING CHALLENGE: - Go on your baseline walk from July 17th and add five minutes OR 1000 steps. See how it feels!</p>	<p>HIIT & CORE BEGINNER: - Indoor Walking Workout ADVANCED: - Indoor Walking Workout with a Step WALKING CHALLENGE: - Both workouts above are a part of the walking challenge!</p>	<p>MOBILITY & INJURY PREVENTION All Levels: - Basic Thoracic Mobility WALKING CHALLENGE: - Beginners walk 25 minutes, intermediate walk 35 minutes and advanced walk 45 minutes. Chose another idea from the Challenge Ideas list to try! Remember, this can be broken up throughout the day.</p>	<p>PILATES BEGINNER: - Balance Exercises ADVANCED: - Full Body Pilates Yoga Fusion WALKING CHALLENGE: - Go on your baseline walk from July 17th and add five minutes OR 1000 steps. See how it feels!</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: How I feel after three weeks of the walking challenge... WALKING CHALLENGE: - Make a few goals you want to achieve during this last week of the Walking Challenge!</p>	<p>LEGS BEGINNER: - Lower Body Beginner Weights Part Two ADVANCED: - Lower Body Blast WALKING CHALLENGE: - Baseline walk number four! Go for a walk at your own pace and speed and stop when you feel fatigued. Then write down how far or long you were able to go. See how it compares to one week ago!</p>	<p>CARDIO Steady state cardio 30-45 minutes WALKING CHALLENGE: - Use a walk for your steady state cardio option today. Chose one idea from the Challenge Ideas list to apply today!</p>	<p>ARMS BEGINNER: - Arm Workout With Resistance Band ADVANCED: - 30 Minute Full Body Workout With Resistance Band WALKING CHALLENGE: - Go on your baseline walk from July 24th and add five minutes OR 1,000 steps. See how it feels!</p>	<p>HIIT & CORE BEGINNER: - Gentle Core Workout ADVANCED: - 20 Minute Pilates Tabata WALKING CHALLENGE: - Go for a walk after you complete the workout above. You decide the length of walk. Focus on how it feels to shake out your muscles with a walk after a workout!</p>	<p>MOBILITY & INJURY PREVENTION - "Go with the Flow" Hip Stretch WALKING CHALLENGE: - Beginners walk 30 minutes, intermediate walk 45 minutes and advanced walk 60 minutes. Chose another idea from the Challenge Ideas list to try! Remember, this can be broken up throughout the day.</p>	<p>PILATES BEGINNER - Wall Pilates Workout for Beginners ADVANCED - 45 Minute Pilates Wall Workout WALKING CHALLENGE: - Go on your baseline walk from July 24th and add five minutes OR 1,000 steps. Note how far you've come from the first day of the challenge until now!</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: How I feel after completing the walking challenge... WALKING CHALLENGE: - Make a plan for how you are going to continue incorporating walking into your regular routine!</p>	<p>LEGS EVERYONE: - <u>Buns on the Mat</u> and - <u>Standing Hip Mobility Workout</u></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.*