



# 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!

## August 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		<b>CARDIO</b> 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>	<b>ARMS</b> <b>BEGINNER:</b> - <u>Plank Tutorial and Workout</u> <b>ADVANCED:</b> - <u>Full Body Pilates Yoga Fusion</u>	<b>HIIT &amp; CORE</b> <b>BEGINNER:</b> - <u>Non-Impact HIIT Fundamentals</u> <b>ADVANCED:</b> - <u>Advanced HIIT</u>	<b>MOBILITY &amp; INJURY PREVENTION</b> - 15-20 Minute Walk - <u>Shoulder Mobility Exercises</u>	<b>PILATES</b> <b>BEGINNER:</b> - <u>10 Minute Pilates for Beginners</u> <b>ADVANCED:</b> - <u>Gym Ball Pilates Workout</u>
6	7	8	9	10	11	12
<b>REST DAY</b> <b>Health Tip:</b> Take time to listen to this month's podcast about how movement can serve you and your life. <b>Journal Prompt:</b> One thing that makes me feel calm is...	<b>LEGS</b> <b>BEGINNER:</b> - <u>Pilates For Women Over 60</u> <b>ADVANCED:</b> - <u>Full Body Circuit - Leg Focus</u>	<b>CARDIO</b> Steady state cardio 30-45 minutes	<b>ARMS</b> <b>All Levels</b> - <u>All Level Upper Back and Shoulder Workout</u>	<b>HIIT &amp; CORE</b> <b>BEGINNER:</b> - <u>Basic HIIT (non-impact)</u> <b>ADVANCED:</b> - <u>"Jump To It" Advanced HIIT</u>	<b>MOBILITY &amp; INJURY PREVENTION</b> <b>EVERYONE:</b> - <u>Juicy Spine</u>	<b>PILATES</b> <b>ALL LEVELS:</b> - <u>"Pilates Circles" Mat Class</u>
13	14	15	16	17	18	19

<p><b>REST DAY</b>  <b>Health Tip:</b>  Pick a new recipe from the UNLIMITED recipe library and give it a try! The new Italian Pasta Salad makes a great and filling lunch!  <b>Journal prompt:</b>  One memory I have of a time I felt good in my body is...</p>	<p><b>LEGS</b>  <b>BEGINNER:</b>  - <a href="#">On and Off the Floor Workout</a>  <b>ADVANCED:</b>  - <a href="#">Hips, Knees and Ankles - Oh My!</a></p>	<p><b>CARDIO</b>  Steady state cardio  30-45 minutes</p>	<p><b>ARMS</b>  <b>EVERYONE:</b>  - <a href="#">Arm Workout With Resistance Band</a>  <b>For extra you can add:</b>  - <a href="#">Upper Back Strengthening and Stretching</a></p>	<p><b>HIIT &amp; CORE</b>  - <a href="#">“Half and Half” All Levels Tabata Style Workout</a></p>	<p><b>MOBILITY &amp; INJURY PREVENTION</b>  - 15-20 minute walk  <b>BEGINNER:</b>  - <a href="#">Beginner Hip Mobility Workout</a>  <b>ADVANCED:</b>  - <a href="#">Advanced Hip Mobility Routine</a></p>	<p><b>PILATES</b>  <b>All Levels:</b>  - <a href="#">“1, 2, 3” Pilates Workout</a></p>
20	21	22	23	24	25	26
<p><b>REST DAY</b>  <b>Health Tip:</b>  Try to spend five minutes first thing in the morning in the sunshine! It has been shown to help our health and mood.  <b>Journal Prompt:</b>  One thing I can learn from this season of life is...</p>	<p><b>LEGS</b>  <i>It's barre day!</i>  <b>BEGINNER:</b>  - <a href="#">Barre Workout for Beginners</a>  <b>ADVANCED:</b>  - <a href="#">40 Minute Barre Pilates Workout</a></p>	<p><b>CARDIO</b>  Steady state cardio  30-45 minutes</p>	<p><b>ARMS</b>  <b>BEGINNER</b>  - <a href="#">Seated Arm Workout With Weights</a>  <b>ADVANCED</b>  - <a href="#">Full Body Circuit - Arm Focus</a></p>	<p><b>HIIT &amp; CORE</b>  <b>BEGINNER:</b>  - <a href="#">Indoor Walking Workout</a>  <b>ADVANCED:</b>  - <a href="#">Cardio Kickboxing</a></p>	<p><b>MOBILITY &amp; INJURY PREVENTION</b>  <b>EVERYONE:</b>  - <a href="#">Stress Relief Exercises</a></p>	<p><b>PILATES</b>  <b>BEGINNER:</b>  - <a href="#">15 Minute Pilates Back Workout</a>  <b>ADVANCED:</b>  - <a href="#">30 Minute Pilates Back Workout</a></p>
27	28	29	30	31		
<p><b>REST DAY</b>  <b>Health Tip:</b>  Practice smiling today. Smile at your family members, co-workers and people on the street. You could make someone's day!  <b>Journal Prompt:</b>  One thing that always makes me smile is...</p>	<p><b>LEGS</b>  <b>BEGINNER:</b>  - <a href="#">Perimenopause Workout</a>  <b>ADVANCED:</b>  - <a href="#">12/12/12 Workout</a></p>	<p><b>CARDIO</b>  Steady state cardio  30-45 minutes</p>	<p><b>ARMS</b>  <b>All Levels</b>  - <a href="#">Full Body Workout With Weights</a></p>	<p><b>HIIT &amp; CORE</b>  <b>All Levels</b>  - <a href="#">5 Minute Pilates Abs</a>  <b>BEGINNER</b>  - Add <a href="#">Seated Pilates Exercises</a>  <b>ADVANCED</b>  - Add <a href="#">Pilates Tabata Burn</a></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.*