

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.

September 2021 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			ARMS - <u>10 Minute Upper Back Stretches and Strengthening</u> - <u>Arm Workout With Resistance Band</u>	HIIT & CORE - <u>Steady Stair Workout</u>	MOBILITY & INJURY PREVENTION - <u>20 Minute Walk</u> - <u>10 Minute Hamstring Stretch Routine</u>	PILATES - <u>Pilates Gratitude Workout</u>
5	6	7	8	9	10	11
REST DAY Health Tip: Listen to this month's podcast and work on having a positive attitude! Don't let anyone take away your positivity. You have the ability to chose how you respond to any situation.	LEGS - <u>Lower Body Beginner Workout With Weights</u>	CARDIO Steady state cardio 30-45 minutes <i>Join for our monthly live members only workout at 12:00pm MST! Click here for the link and details.</i>	ARMS - <u>Towels, Teasers and More</u>	HIIT & CORE - <u>Non-Impact HIIT Fundamentals</u>	MOBILITY & INJURY PREVENTION - <u>Renew and Restore</u>	PILATES - <u>Gentle Pilates Workout</u>
12	13	14	15	16	17	18

<p>REST DAY Health Tip: Food prep day! Make a batch of the Green Machine Protein Muffins from the UNLIMITED recipe library!</p>	<p>LEGS - <u>Strong Ankles, Knees and Hips</u> - <u>10 Minute Leg and Hip Workout</u> <i>Do both for a full workout!</i></p>	<p>CARDIO Steady state cardio 30-45 minutes (<i>use this linked workout as a steady state cardio option!</i>) - <u>Steady State Cardio Blast</u></p>	<p>ARMS - <u>Quick Arms and Core Workout</u> - <u>Arm Workout With Light Weights</u></p>	<p>HIIT & CORE - <u>20 Minute Pilates Tabata</u></p>	<p>MOBILITY & INJURY PREVENTION - 20 Minute Walk - <u>10 Minute Upper Back Stretches and Workout</u></p>	<p>PILATES - <u>Full Body Foam Roller Workout</u></p>
19	20	21	22	23	24	25
<p>REST DAY Health Tip: Challenge yourself to stay consistent with the workout calendar! Take one day at a time and believe in yourself to make changes and experience the results you want.</p>	<p>LEGS <i>It's barre day!</i> - <u>HIIT Barre Workout with guest teacher Lauren George</u></p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS - <u>Pilates Fun With Weights</u></p>	<p>HIIT & CORE - <u>All Level HIIT</u> - <u>Beginner Ab Workout</u></p>	<p>MOBILITY & INJURY PREVENTION - <u>Full Body Opening</u></p>	<p>PILATES - <u>Full Body Intermediate Pilates Class</u></p>
26	27	28	29	30		
<p>REST DAY Health Tip: Write down three things you appreciate about yourself. It's important to recognize things you do well and the things no one can do but you!</p>	<p>LEGS - <u>Lower Body Blast Mat Workout</u></p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS - <u>10 Minute Pilates for Arms</u> - <u>Arms and Abs</u></p>	<p>HIIT & CORE - <u>Pilates HIIT #1</u> - <u>Stronger Core Routine</u></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.*