

# 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 2022 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				<b>HIIT &amp; CORE BEGINNER:</b> - <u>Indoor Walking Workout</u> <b>ADVANCED:</b> - <u>Steady State Cardio Blast</u> <a href="#">Join for a special live Q&amp;A with Jessica about our Pilates for YOU challenge! It starts at 9:15am MST. Click here for the link and details.</a>	<b>MOBILITY &amp; INJURY PREVENTION</b> - 15-20 minute walk for everyone <b>BEGINNER:</b> - <u>Gentle Hip Stretches</u> <b>ADVANCED:</b> - <u>Hip and Hamstring Release</u>	<b>PILATES BEGINNER:</b> - <u>25 Minute Pilates Basics Workout</u> <b>ADVANCED:</b> - <u>30 Minute Advanced Pilates Workout</u>
4	5	6	7	8	9	10
<b>REST DAY</b> <b>Health Tip:</b> Meal prep day! Cut and wash a few veggies, purchase groceries for a few of your favorite recipes from the UNLIMITED library and treat yourself to the new Peach Crumble recipe!	<b>LEGS BEGINNER:</b> - <u>Lower Body Beginner Weights Part One</u> <b>ADVANCED:</b> - <u>Lower Body Blast Mat Workout</u>	<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 BEGINNER:</b> - <u>Upper Body Beginner Weights Part One</u> <b>ADVANCED:</b> - <u>Full Body Circuit Workout - Arm Focus</u> <a href="#">Join for our monthly live members only workout at 11:00am MST! Click here for the link and details.</a>	<b>HIIT &amp; CORE BEGINNER:</b> - <u>Non-Impact HIIT Fundamentals</u> <b>ADVANCED:</b> - <u>Advanced HIIT</u>	<b>MOBILITY &amp; INJURY PREVENTION EVERYONE:</b> - <u>Full Body Stretch and Release</u>	<b>PILATES BEGINNER:</b> - <u>Pilates for Every Body!</u> <b>ADVANCED:</b> - <u>Fast Paced Pilates Workout</u>
11	12	13	14	15	16	17

<b>REST DAY</b> <b>Health Tip:</b> Are you drinking enough water everyday? You should aim for at least half of your body weight in ounces. Keep a water bottle close and focus on your hydration this month!	<b>LEGS</b> <b>BEGINNER:</b> - <u>On and Off the Floor Workout</u> <b>ADVANCED:</b> - <u>Strong Ankles, Knees and Hips</u>	<b>CARDIO</b> Steady state cardio 30-45 minutes	<b>ARMS</b> <b>BEGINNER:</b> - <u>30 Minute Thoracic Mobility Routine</u> (there is also a 10 minute version that's great to start with!) <b>ADVANCED:</b> - <u>The Power of Backbends</u> <i>Join for our special live members only Q&amp;A at 11:00am MST! <a href="#">Click here for the link and details.</a></i>	<b>HIIT &amp; CORE</b> <b>BEGINNER</b> do this one time through, <b>ADVANCED</b> do this two times through! - <u>All Level HIIT</u>	<b>MOBILITY &amp; INJURY PREVENTION</b> - 15-20 minute walk <b>BEGINNER:</b> - <u>Release for Neck and Shoulder Tightness</u> <b>ADVANCED:</b> - <u>Hip Mobility Routine</u>	<b>PILATES</b> <b>BEGINNER:</b> - <u>Gentle Pilates Workout - Gratitude Focus</u> <b>ADVANCED:</b> - <u>45 Minute Slow Pilates Burn</u>
18	19	20	21	22	23	24
<b>REST DAY</b> <b>Health Tip:</b> Get outside today and catch some Vitamin D! Take a walk, read for a few moments or simply stand in the fresh air. It's extremely energizing and healthy!	<b>LEGS</b> <i>It's barre day!</i> <b>BEGINNER:</b> <u>Barre Workout for Everyone</u> (recorded live) <b>ADVANCED:</b> <u>40 Minute Barre Pilates Workout</u>	<b>CARDIO</b> Steady state cardio 30-45 minutes	<b>ARMS</b> <b>BEGINNER:</b> - <u>Quickie Arm Burn with Light Weights</u> - <u>Standing Weight Combo #1</u> <b>ADVANCED:</b> - <u>Towels, Teasers and More</u> <i>Join for our special live members only workout at 11:00am MST! <a href="#">Click here for the link and details.</a></i>	<b>HIIT &amp; CORE</b> <b>BEGINNER:</b> - <u>Non-Impact HIIT</u> <b>ADVANCED:</b> - <u>20 Minute Pilates Tabata</u>	<b>MOBILITY &amp; INJURY PREVENTION</b> <b>EVERYONE:</b> - <u>Renew and Restore</u>	<b>PILATES</b> <b>BEGINNER:</b> - <u>20 Minute Chair Pilates Workout</u> <b>ADVANCED:</b> - <u>Pilates Fun With Weights</u>
25	26	27	28	29	30	29
<b>REST DAY</b> <b>Health Tip:</b> 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.	<b>LEGS</b> <b>BEGINNER:</b> - <u>Lower Body Beginner Weights Part Two</u> <b>ADVANCED:</b> - <u>Full Body Circuit Workout - Leg Focus</u>	<b>CARDIO</b> Steady state cardio 30-45 minutes	<b>ARMS</b> <b>BEGINNER:</b> - <u>Beginner Weights Workout Upper Body Part Two</u> <b>ADVANCED:</b> - <u>Full Body Workout With Weights</u> <i>Join for our special live members only Q&amp;A at 11:00am MST! <a href="#">Click here for the link and details.</a></i>	<b>HIIT &amp; CORE</b> <b>BEGINNER:</b> - <u>Indoor Walking Workout with a Step</u> <b>ADVANCED:</b> - <u>Cardio Kickboxing</u>	<b>MOBILITY &amp; INJURY PREVENTION</b> <b>EVERYONE:</b> - 15-20 minute walk - <u>Open Your Heart Routine</u>	
30	31					

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\* **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.*