

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!

## September 2023 Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1 MOBILITY & INJURY PREVENTION - 10-20 minute walk - <u>"Go with the Flow"</u> Hip Stretch	PILATES BEGINNER: - 25 Minute Pilates Basics Workout ADVANCED: - 30 Minute Advanced Pilates Workout	2
3 <b>REST DAY</b> <b>Health Tip:</b> Take time to listen to this month's podcast about consistency and patience. <b>Journal Prompt:</b> One way I can be more consistent in my workouts is	LEGS BEGINNER: - Beginner Weights	5 <b>CARDIO</b> Steady state cardio 30-45 minutes 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!	6 ARMS BEGINNER: - <u>Pilates for Arms and</u> Abs ADVANCED: - <u>Towels, Teasers and</u> More	7 HIIT & CORE BEGINNER: - <u>Gentle Core</u> Workout and - <u>Basic Workout With</u> Dumbbells ADVANCED: - <u>"Up and Down"</u> Metabolic Conditioning and Pilates Workout	8 MOBILITY & INJURY PREVENTION EVERYONE: - 10-20 minute walk - Gentle Full Body Stretch	PILATES BEGINNER: - <u>Gentle Pilates -</u> Gratitude Focus ADVANCED: - <u>50 Minute</u> Intermediate Pilates Workout	9

10	11	12	13	14	15	16
REST DAY Health Tip: Pick a new recipe from the UNLIMITED recipe library and give it a try! "Everyone's Favorite Pancakes with Cooked Apples" is one of our favorites in the fall! Journal prompt: One way I can show myself more patience is	LEGS EVERYONE: - <u>30 Minute</u> Resistance Loop Workout IF YOU DON'T HAVE A LOOP: - Strength and Stretch	<b>CARDIO</b> Steady state cardio 30-45 minutes	ARMS BEGINNER: - Beginner Weights Upper Body Part One ADVANCED: - Buns and Guns Workout with Weights	HIIT & CORE BEGINNER: - Indoor Walking Workout ADVANCED: - Indoor Walking Workout with a Step	MOBILITY & INJURY PREVENTION EVERYONE: - 10-20 minute walk - Hip Flexor Workout	PILATES BEGINNER: - Full Body Beginner Pilates ADVANCED: - Pilates with the Small Ball
Try to spend five minutes first thing in the morning in the	18 LEGS It's barre day! BEGINNER: - Barre Challenge Routine ADVANCED: - HIIT Barre Workout	19 CARDIO Steady state cardio 30-45 minutes	20 ARMS BEGINNER - Seated Arm Workout With Weights ADVANCED - "Home Gym" Arm Workout	21 HIIT & CORE - <u>"Half and Half" All</u> Levels Tabata Style Workout	22 MOBILITY & INJURY PREVENTION - 10-20 minute walk BEGINNER: - 10 Minute Back Mobility Exercises ADVANCED: - Standing Hip Mobility Workout (These are also really great when done together for a full body mobility routine!)	23 PILATES BEGINNER: - Pilates for Women Over 60 ADVANCED: - 30 Minute Thoracic Mobility Pilates Routine
24	25	26	27	28	29	30

<b>REST DAY</b> <b>Health Tip:</b> Stop right now and close your eyes. Take five deep breaths in and out. Practice this throughout the day when you need to feel calm and grounded. <b>Journal Prompt:</b> This is one thing I can do to make this week a great one	LEGS BEGINNER: - Lower Body Beginner Weights Part Two ADVANCED: - Primal Movement	CARDIO Steady state cardio 30-45 minutes	ARMS BEGINNER: - Arm Workout With Resistance Band ADVANCED: - <u>30 Minute Full Body</u> Workout With Resistance Band	HIIT & CORE BEGINNER: - <u>10 Minute Walking</u> Workout at Home ADVANCED: - <u>30 Minute Walking</u> Workout at Home	MOBILITY & INJURY PREVENTION - 10-20 Minute Walk - <u>Bodyweight</u> <u>Exercises</u>	PILATES BEGINNER - Wall Pilates Workout for Beginners ADVANCED - 45 Minute Pilates Wall Workout
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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, 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.