

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: - 30 Minute Resistance Loop Workout IF YOU DON’T HAVE A LOOP: - Strength and Stretch	CARDIO 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
17	18	19	20	21	22	23
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...	LEGS <i>It’s barre day!</i> BEGINNER: - Barre Challenge Routine ADVANCED: - HIIT Barre Workout	CARDIO Steady state cardio 30-45 minutes	ARMS BEGINNER - Seated Arm Workout With Weights ADVANCED - “Home Gym” Arm Workout	HIIT & CORE - “Half and Half” All Levels Tabata Style Workout	MOBILITY & INJURY PREVENTION - 10-20 minute walk BEGINNER: - 10 Minute Back Mobility Exercises ADVANCED: - Standing Hip Mobility Workout <i>(These are also really great when done together for a full body mobility routine!)</i>	PILATES BEGINNER: - Pilates for Women Over 60 ADVANCED: - 30 Minute Thoracic Mobility Pilates Routine
24	25	26	27	28	29	30

<p>REST DAY Health Tip: 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. Journal Prompt: This is one thing I can do to make this week a great one...</p>	<p>LEGS BEGINNER: - Lower Body Beginner Weights Part Two ADVANCED: - Primal Movement</p>	<p>CARDIO Steady state cardio 30-45 minutes</p>	<p>ARMS BEGINNER: - Arm Workout With Resistance Band ADVANCED: - 30 Minute Full Body Workout With Resistance Band</p>	<p>HIIT & CORE BEGINNER: - 10 Minute Walking Workout at Home ADVANCED: - 30 Minute Walking Workout at Home</p>	<p>MOBILITY & INJURY PREVENTION - 10-20 Minute Walk - Bodyweight Exercises</p>	<p>PILATES BEGINNER - Wall Pilates Workout for Beginners ADVANCED - 45 Minute Pilates Wall Workout</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.*