

28-DAY PILATES PLAN

DAY 1

1. STANDING ROLL-DOWN 5 reps
2. DYNAMIC CORE PLANK 15 reps per leg
3. THIGH STRETCH 10 reps
4. KNEELING SIDE KICK 20 reps per leg
5. DOUBLE-LEG STRETCH 10 to 15 reps
6. SCISSORS 10 reps per leg
7. HUNDRED 10 breath cycles
8. SIDE TEASER 5 reps per side
9. SWAN 5 to 8 reps
10. SIDE LEG SERIES 10 reps/15 circles
11. ROLL-UP 5 reps



DAY 2

1. STANDING ROLL-DOWN 10 reps
2. DYNAMIC CORE PLANK 15 reps per leg
3. THIGH STRETCH 15 reps
4. KNEELING SIDE KICK 20 reps per leg
5. DOUBLE-LEG STRETCH 15 to 20 reps
6. SCISSORS 15 reps per leg
7. HUNDRED 15 breath cycles
8. SIDE TEASER 10 reps per side
9. SWAN 8 to 10 reps
10. SIDE LEG SERIES 15 reps/15 circles
11. ROLL-UP 10 reps



DAY 3

1. STANDING ROLL-DOWN 10 reps
2. DYNAMIC CORE PLANK 20 reps per leg
3. THIGH STRETCH 15 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 15 to 20 reps
6. SCISSORS 20 reps per leg
7. HUNDRED 20 breath cycles
8. SIDE TEASER 15 reps per side
9. SWAN 8 to 10 reps
10. SIDE LEG SERIES 20 reps/15 circles
11. ROLL-UP 10 reps



DAY 4

1. STANDING ROLL-DOWN 15 reps
2. DYNAMIC CORE PLANK 20 reps per leg
3. THIGH STRETCH 20 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 20 to 25 reps
6. SCISSORS 25 reps per leg
7. HUNDRED 20 breath cycles
8. SIDE TEASER 15 reps per side
9. SWAN 10 to 12 reps
10. SIDE LEG SERIES 25 reps/20 circles
11. ROLL-UP 15 reps



DAY 5

1. STANDING ROLL-DOWN 15 reps
2. DYNAMIC CORE PLANK 25 reps per leg
3. THIGH STRETCH 25 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 20 to 25 reps
6. SCISSORS 30 reps per leg
7. HUNDRED 25 breath cycles
8. SIDE TEASER 20 reps per side
9. SWAN 10 to 12 reps
10. SIDE LEG SERIES 20 reps/25 circles
11. ROLL-UP 15 reps



DAY 6

1. STANDING ROLL-DOWN 20 reps
2. DYNAMIC CORE PLANK 25 reps per leg
3. THIGH STRETCH 30 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 25 to 30 reps
6. SCISSORS 30 reps per leg
7. HUNDRED 30 breath cycles
8. SIDE TEASER 20 reps per side
9. SWAN 12 to 14 reps
10. SIDE LEG SERIES 25 reps/25 circles
11. ROLL-UP 20 reps



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SJ Ball



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Supporting Teacher Wellbeing Suzanne Allies, 2020-10-26 All teachers are in the unique position of influencing the future happiness and success of the next generation therefore it is crucial that the wellbeing of teachers is not overlooked This proactive guide will empower school staff it will enlighten and equip them with essential knowledge about wellbeing and remind them to never neglect their own health It encourages a proactive approach to holistic wellbeing and deals with a serious topic in a humorous and lighthearted way Structured as an easy to read guide the chapters offer hands on tips on how and why to support teacher wellbeing and advice on how to manage the increasing demands of planning assessment and marking What s more it emphasises the importance of sustaining a work life balance using mindfulness to relax and gain perspective healthy eating incorporating exercise into your schedule and maintaining a sense of calm in the classroom This book Includes personal stories that encompass the real experiences of early career teachers experienced teachers senior leaders and trainee teachers Delves into important topics such as stress burnout work life balance anxiety and controlling the mind Highlights how to increase self esteem confidence and eradicate perfectionism at work Suggests practical strategies related to workload reduction peer support and a variety of self care techniques Written by a Primary Education lecturer with over 20 years of experience teaching in primary schools this book is an essential resource for trainee teachers early career teachers experienced teachers and school leaders alike

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