

# 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 ..... 10 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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**Didier Musso**



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