

# 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



# Pilates At Home Last 90 Days Sign In

**Tammy Whiting, Len Testa, Erin Foster**

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**The Unofficial Guide to the Disney Cruise Line 2022** Erin Foster, Len Testa, Ritchey Halphen, 2022-03-15 Get the no-nonsense, consumer-oriented guide that describes the best of Disney's ships and itineraries. The Unofficial Guide to the Disney Cruise Line by Erin Foster with Len Testa and Ritchey Halphen describes the best of Disney's ships and itineraries, including

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*Demorests' Monthly Magazine*, 1888     *Cincinnati Magazine*, 2003-03. Cincinnati Magazine taps into the DNA of the city, exploring shopping, dining, living, and culture, and giving readers a ringside seat on the issues shaping the region. *Creative Forecasting*, 2006     **The Builder**, 1885     *Library Journal*, 2002     *Video Source Book*, 2008     *Stanford*, 2008     *Brandweek*, 2008     *ACSM's Certification Review*. American College of Sports Medicine, 2010. This is a review manual for candidates wanting an ACSM credential. It combines content from ACSM's Health and Fitness Certification Review and ACSM's Clinical Certification Review into one resource.

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