

WEEK 1

Start A Pilates Habit

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Magnificent Seven



Magnificent Seven



Magnificent Seven



Magnificent Seven



Magnificent Seven



Magnificent Seven



Magnificent Seven



Stand With Power 1



Stand With Power 1



Stand With Power 1



Stand With Power 1



Stand With Power 2



Stand With Power 2



Stand With Power 2



WEEK 2

Start A Pilates Habit

DAY 1

Magnificent Ten



Vertical Finish



DAY 2

Magnificent Ten



Vertical Finish



DAY 3

Magnificent Ten



Magic For Your Posture



DAY 4

Magnificent Ten



Better Balance



DAY 5

Magnificent Ten



Better Balance



DAY 6

Magnificent Ten



Strong Flexible Feet



DAY 7

Magnificent Ten



Strong Flexible Feet



WEEK 3

Start A Pilates Habit

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Magnificent Ten



Magnificent Ten



Magnificent Ten



Magnificent Ten



Magnificent Ten



Magnificent Ten



Magnificent Ten



Push Ups 2.0



Push Ups 2.0



Push Ups 2.0



Push Ups 2.0



Energizing Ending



Energizing Ending



Energizing Ending

