

2024

30-Day Pilates Challenge



Kickstart 2024 with 30 days of energizing,
fun workouts to make you shine

Vision Board

FAMILY

HEALTH

FITNESS

SKILLS

CAREER

RELATIONSHIPS

Challenge Goals

MY MANTRA:

EX: I CAN DO HARD THINGS, I'M HAVING FUN

GOAL #1 EX: CHECK EVERY WORKOUT OFF THE LIST!

GOAL #2

GOAL #3

2024 30-DAY CHALLENGE

BEGINNER

*Click on the image for the workout! Links will be live when program launches on January 1st

1



BEGINNER PROGRESSION 4

2



MAT W/ ARM WEIGHTS

3



THE MEN'S MAT

4



LOW BACK CARE

5



ARM WEIGHTS W/ TWIST

6



10 MINUTE WORKOUT

7



LOWER BODY ACTIVATOR

8



DAILY MAT WITH CHRIS

9



MAT FOR SHOULDER CARE

10



UNWIND & DE-STRESS WALL

11



HAMSTRING LENGTHENING MAT

12



STAND UP MAT

13



CORE MAT W/ BRETT

14



DECOMPRESS YOUR SPINE 1

15



STRETCH & RELAX

16



QUICK CORE MAT

17



FUNDAMENTALS MAT

18



DECOMPRESS YOUR SPINE 2

19



STRETCHY MORNING MAT

20



FULL BODY ACTIVATOR

21



PELVIC STABILITY MAT

22



SLOW BURN STOMACH SERIES

23



SLEEP DEEPLY MAT

24



STANDING PILATES FOR BEG.

25



DAILY DOSE BASICS

26



ON THE ROAD TO INTERMEDIATE

27



AGE STRONG MAT

28



BEGINNER PROG. 12

29



FREE PLAY FLOW MAT

30



MAT ESSENTIALS RESTORATIVE

2024 30-DAY CHALLENGE

INTERMEDIATE

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1



ENERGY BOOST FLOW

2



HEAT UP YOUR HIPS

3



ABDOMINAL BLITZ W/ BLOSSOM

4



5 MINUTE AB BLAST

5



MORNING JOY

6



6 STEP CLASSICAL MAT 1

7



MAT ESSENTIALS - FLOW

8



THE FLOATING MAT

9



SWEAT & FLOW W/ JUAN

10



PELVIC STABILITY CHALLENGE

11



ABS TO THE MAX

12



STAND UP NO HANDS WORKOUT

13



EXTRA OOMPH MAT

14



IMAGINE MAT

15



CORE LOVE MAT

16



PRECISION FLOW MAT

17



20 MINUTE MAT

18



QUIET MAT WITH KIM

19



MAT BURST WITH CHRIS

20



CORE FIRE MAT

21



WRING IT OUT TOWEL WORKOUT

22



DANCERS MAT WITH PHOEBE

23



INTENSITY LEGS W/ MARIANO

24



6 STEP CLASSICAL MAT 6

25



LEG LENGTHENING MAT

26



RHYTHM MAT WITH CARY

27



SWEATY 20 MAT

28



HALF-TIME DOUBLE-TIME MAT

29



STANDING PILATES W/ AMY

30



INTERMEDIATE MAT W/ SONJÉ

2024 30-DAY CHALLENGE

ADVANCED

*Click on the image for the workout! Links will be live when program launches on January 1st

1



INT TO ADV SERIES 11 - FLOW

2



BOSSY MAT

3



IGNITION MAT

4



ESPRESSO MAT

5



UNCLE JOE'S MAT

6



VISION MAT

7



STANDING PILATES CHALLENGE

8



REFORMER ON MAT W/ MARIANO

9



STRETCHY WAKE UP MAT

10



HOT & SWEATY MAT

11



ADV FLOW FUN W/ CARRIE

12



STUDIO BURN: MAT

13



SUPERMODEL LEGS W/ MEJO

14



SUPER ADVANCED MAT

15



GET FLEXY MAT

16



KILLER QUICKIE

17



SHAPE SHIFT MAT

18



GINA'S REFORMER ON THE MAT

19



KILLER ABS FULL WORKOUT

20



SUPER MAT

21



ARCHIVAL MAT

22



RHYTHMIC MAT

23



WEIGHTED MAT W/ SONJÉ

24



STAR MAT

25



ALL OF IT MAT

26



INTENSITY MAT: CARDIO

27



MAT ESSENTIALS - OPENING

28



VARIATIONS ON THE MAT

29



POWERHOUSE ATTACK MAT

30



HANDSTAND FOUNDATION 5

2024 30-DAY CHALLENGE

REFORMER

*Click on the image for the workout! Links will be live when program launches on January 1st

1



REFORMER MAGIC

2



MIDLINE REFORMER

3



10 MINUTE STRENGTH & LENGTH

4



COMPLETE BASIC REFORMER

5



RESIST YOUR SPRINGS REFORMER

6



FEEL GOOD REFORMER FLOW

7



VROOM VROOM REFORMER

8



HEAT UP YOUR HIPS REFORMER

9



SWEATY 20 REFORMER

10



REFORMER REFUELER

11



DECOMPRESS SPINE 5 - REFORMER

12



REFORMER AT HOME

13



REFORMER 360 1 - POSTURE

14



REFORMER GOALS 1 - TENDON STRETCH

15



ZIPPY INT REFORMER

16



NONSTOP INT REFORMER

17



Reformer 360 3 - Stretch

18



STRENGTH LENGTH REFORMER

19



8 STEP CLASSICAL REFORMER 8

20



PELVIC SUNGLASSES REFORMER

21



REFORMER GOALS 2 - TEASER

22



JUMP ON IT REFORMER

23



RESULTS REFORMER W/ SONJÉ

24



CLASSICFIT REFORMER

25



EXPRESS REFORMER NO BOX

26



STUDIO BURN: REFORMER

27



RESULTS REFORMER W/ CHRIS

28



REFORMER GOALS 3 - SNAKE TWIST

29



REFORMER PROGRESSION 3

30



REFORMER 360 6 - FLOW