



7-Day  
**RESET**

November 2024

# RESET

*goals*

Set attainable goals for yourself here! This can be anything from personal growth to your Pilates practice.

What's my why? Why did I start this challenge?

What are my goals for the 7DR?

ex: press play on every workout this week

How can I achieve them?

ex: leave workout clothes out the night before!

# WORKOUT

*planner*

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR:

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## DAILY WORKOUT:

*\*Click on the image for the workout! Links will be live when program launches on November 28th*

### BASIC



Andiamo Mat

### INTERMEDIATE



Core Strength

### ADVANCED



Powerhouse Attack Mat

### REFORMER



Results Reformer with Chris

SOMETHING I'M PROUD OF:

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TOMORROW I LOOK FORWARD TO:

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# WORKOUT

*planner*

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR:

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DAILY WORKOUT:

*\*Click on the image for the workout! Links will be live when program launches on November 28th*

BASIC



Daily Dose Basics

INTERMEDIATE



Energy Boost Flow

ADVANCED



Archival Mat

REFORMER



Reformer Flow with Carrie - No Box

SOMETHING I'M PROUD OF:

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TOMORROW I LOOK FORWARD TO:

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# WORKOUT

*planner*

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR:

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## DAILY WORKOUT:

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### BASIC



Core Connect

### INTERMEDIATE



Glow & Go Mat

### ADVANCED



HIIP Power Flow

### REFORMER



Strength & Length Reformer

SOMETHING I'M PROUD OF:

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TOMORROW I LOOK FORWARD TO:

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# WORKOUT

planner

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR:

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## DAILY WORKOUT:

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### BASIC



Ease & Mobility Mat

### INTERMEDIATE



Get Into Your Body Mat

### ADVANCED



Revive & Thrive Mat

### REFORMER



Flow & Glow Reformer

SOMETHING I'M PROUD OF:

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TOMORROW I LOOK FORWARD TO:

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# WORKOUT

*planner*

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR:

---

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## DAILY WORKOUT:

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### BASIC



Back to Basics Studio: Mat

### INTERMEDIATE



Abs to the Max

### ADVANCED



Shape Shift Mat

### REFORMER



ClassicFit Reformer

SOMETHING I'M PROUD OF:

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TOMORROW I LOOK FORWARD TO:

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# WORKOUT

*planner*

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR:

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DAILY WORKOUT:

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BASIC



ClassicFit Progression: Class 1

INTERMEDIATE



Sweat & Flow with Juan

ADVANCED



All Of It Mat

REFORMER



Total Body Burn

SOMETHING I'M PROUD OF:

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TOMORROW I LOOK FORWARD TO:

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# WORKOUT

*planner*

DATE: \_\_\_\_\_

S M T W T F S

TODAY I'M GRATEFUL FOR:

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DAILY WORKOUT:

*\*Click on the image for the workout! Links will be live when program launches on November 28th*

BASIC



Core Connection Mat

INTERMEDIATE



Rhythm Mat with Cary

ADVANCED



Vision Mat

REFORMER



Core Power Reformer

SOMETHING I'M PROUD OF:

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TOMORROW I LOOK FORWARD TO:

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# REFLECT

*you did it!*

Write down three things you're proud of!

ex: you're proud you signed up for this challenge

How do you feel?

ex: strong & powerful