

Hi, guys. Alisa here at Pilatesology. I'm here to tell you about the 7-Day Reset. This reset is seven days of workouts, either beginner, intermediate, or advanced mat, plus there's performer as well for seven days. You can choose depending on how your body feels that day, and we have a downloadable free journal for you as part of the 7-Day Reset to help you track your goals.

Uh, there's a link on this page where you can download that. I hope we'll, to see you in the workouts. You're gonna end up feeling amazing, so seven days, let's go.