

# SPRING RESET

14-DAY PILATES MAT  
CHALLENGE PLANNER



# GOALS

## Challenge Goals

Ex: I want to hold my Teaser a little longer by the end of workout 14...

## Goals for Spring

Ex: Dedicate 30 minutes to myself every morning this spring!



# SPRING RESET

## PLANNER

\*Click on the image for the workout! Links will be live when program launches on April 20th

<p><b>1</b>  24 MIN</p> <p>PILATES RESULTS</p>	<p><b>2</b>  13 MIN</p> <p>AMP IT UP MAT</p>	<p><b>3</b>  30 MIN</p> <p>ANDIAMO MAT</p>
<p><b>4</b>  23 MIN</p> <p>BASIC MAT WITH ARM WEIGHTS</p>	<p><b>5</b>  14 MIN</p> <p>BACK TO BASICS STUDIO: MAT</p>	<p><b>6</b>  29 MIN</p> <p>STAND UP MAT</p>
<p><b>7</b>  17 MIN</p> <p>BEST MAGIC CIRCLE BASICS</p>	<p><b>8</b>  33 MIN</p> <p>AWAKENING MAT</p>	<p><b>9</b>  28 MIN</p> <p>ARM SCULPT</p>
<p><b>10</b>  22 MIN</p> <p>CORE SCULPT FLOW</p>	<p><b>11</b>  29 MIN</p> <p>STRETCH INTO WELLNESS MAT</p>	<p><b>12</b>  5 MIN</p> <p>DAILY MAT WITH CHRIS</p>
<p><b>13</b>  35 MIN</p> <p>BEYOND BASIC</p>	<p><b>14</b>  19 MIN</p> <p>PILATES IGNITE</p>	



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<p><b>1</b></p>  <p>21 MIN</p> <p>THE ENERGY CIRCUIT</p>	<p><b>2</b></p>  <p>9 MIN</p> <p>ABS TO THE MAX</p>	<p><b>3</b></p>  <p>27 MIN</p> <p>GLOW &amp; GO MAT</p>
<p><b>4</b></p>  <p>22 MIN</p> <p>CORE WITH WEIGHTS</p>	<p><b>5</b></p>  <p>13 MIN</p> <p>POWER MAT</p>	<p><b>6</b></p>  <p>18 MIN</p> <p>STANDING PILATES WITH MOLLY</p>
<p><b>7</b></p>  <p>35 MIN</p> <p>MAGIC SCULPT</p>	<p><b>8</b></p>  <p>27 MIN</p> <p>ENERGY BOOST FLOW</p>	<p><b>9</b></p>  <p>19 MIN</p> <p>ARM TONING MAT FLOW</p>
<p><b>10</b></p>  <p>27 MIN</p> <p>CORE BURN MAT</p>	<p><b>11</b></p>  <p>29 MIN</p> <p>CHILL OUT MAT</p>	<p><b>12</b></p>  <p>6 MIN</p> <p>7 MINUTES IN HEAVEN</p>
<p><b>13</b></p>  <p>35 MIN</p> <p>BEYOND BASIC</p>	<p><b>14</b></p>  <p>26 MIN</p> <p>POWER UP MAT</p>	



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- 1

26 MIN

POWER FLOW WITH YUMI

2

10 MIN

BOSSY MAT

3

34 MIN

REVIVE & THRIVE MAT
- 4

32 MIN

BODYROCK WEIGHTS

5

6 MIN

PILATES SNACK ATTACK

6

23 MIN

STANDING PILATES CHALLENGE
- 7

21 MIN

REVERSE MAGIC

8

35 MIN

STAR MAT

9

35 MIN

GINA'S REFORMER ON THE MAT
- 10

20 MIN

ARCHIVAL MAT

11

14 MIN

STRETCHY WAKE UP MAT

12

5 MIN

STUDIO BURN: MAT
- 13

17 MIN

SPEED OF LIGHT 34 MAT

14

40 MIN

GOLD STAR MAT

