

7-DAY RESET

Feel energized & confident in just 7 days with
a daily Pilates practice

Welcome To Your 7-Day Reset!

Reset your body and recharge before the holidays with 7 days of practical, energizing workouts! Each day is designed to fit naturally into your week so you stay motivated and balanced. By the end, you'll feel stronger, more confident, and ready for anything!



Ready to get started?

- ✓ Start the 7-Day Reset on the website or app
- ✓ Print this Daily Journal
- ✓ Set up your workout space for daily movement
- ✓ Add your daily workouts to your calendar!



DAY 1

7-DAY RESET

TODAY I'M GRATEFUL FOR:

1.

2.

3.

DAILY WORKOUT:

OPTIONS:

- BASIC: LEVEL OF CHALLENGE MAT
- INTERMEDIATE: THE ENERGY CIRCUIT
- ADVANCED: METAMORPHOSIS MAT
- REFORMER: PILATES REFORMATION

TODAY I FEEL:

GOALS FOR TOMORROW:

SOMETHING I'M PROUD OF:

DAY 2

7-DAY RESET

TODAY I'M GRATEFUL FOR:

1.

2.

3.

DAILY WORKOUT:

OPTIONS:

- BASIC: PILATES MAT IN 10
- INTERMEDIATE: ABS TO THE MAX
- ADVANCED: PILATES SNACK ATTACK MAT
- REFORMER: FUEL & FLOW REFORMER

TODAY I FEEL:

GOALS FOR TOMORROW:

SOMETHING I'M PROUD OF:

DAY 3

7-DAY RESET

TODAY I'M GRATEFUL FOR:

1.

2.

3.

DAILY WORKOUT:

OPTIONS:

- BASIC: CORE SCULPT FLOW
- INTERMEDIATE: CORE BURN MAT
- ADVANCED: PILATES CORE FLOW
- REFORMER: CORE POWER REFORMER

TODAY I FEEL:

GOALS FOR TOMORROW:

SOMETHING I'M PROUD OF:

DAY 4

7-DAY RESET

TODAY I'M GRATEFUL FOR:

1.

2.

3.

DAILY WORKOUT:

OPTIONS:

- BASIC: STRETCH INTO WELLNESS MAT
- INTERMEDIATE: REV & RESTORE MAT
- ADVANCED: REVIVE & THRIVE MAT
- REFORMER: STRETCH YOURSELF STRONG REFORMER

TODAY I FEEL:

GOALS FOR TOMORROW:

SOMETHING I'M PROUD OF:

DAY 5

7-DAY RESET

TODAY I'M GRATEFUL FOR:

1.

2.

3.

DAILY WORKOUT:

OPTIONS:

- BASIC: AMP IT UP MAT
- INTERMEDIATE: POWER MAT
- ADVANCED: BOSSY MAT
- REFORMER: SWEATY 20 REFORMER

TODAY I FEEL:

GOALS FOR TOMORROW:

SOMETHING I'M PROUD OF:

DAY 6

7-DAY RESET

TODAY I'M GRATEFUL FOR:

1.

2.

3.

DAILY WORKOUT:

OPTIONS:

- BASIC: ARM SCULPT
- INTERMEDIATE: ARMS TO CORE MAT
- ADVANCED: BODYROCK WEIGHTS
- REFORMER: AB FOCUS REFORMER

TODAY I FEEL:

GOALS FOR TOMORROW:

SOMETHING I'M PROUD OF:

DAY 7

7-DAY RESET

TODAY I'M GRATEFUL FOR:

1.

2.

3.

DAILY WORKOUT:

OPTIONS:

- BASIC: BEYOND BASIC
- INTERMEDIATE: LONGEVITY FLOW
- ADVANCED: UNSTOPPABLE MAT
- REFORMER: RESULTS REFORMER

TODAY I FEEL:

GOALS FOR TOMORROW:

SOMETHING I'M PROUD OF: