



Bodyweight Pilates Workout Calendar

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What To Expect

This Workout Calendar is intended to give you a plan for using the Pilates exercises in the system in the most efficient way.

All you have to do is give this calendar a short read, which will take just a few minutes and from there you can get started using your Bodyweight Pilates system.

By consistently following along the workout calendar you will stay on track and will learn to coordinate your movements and feel yourself getting stronger each day.

Following these routines will dramatically tone and firm your physique. You'll feel fit and strong as you progress through each series of workouts.

How To Use Pilates Workout Calendar:

This calendar has been created to fit your fitness level, Beginner, Intermediate and Advanced.

I recommend commencing your workout using the Beginner Calendar and progress to the next level – Intermediate – Advanced.

Directions:

These Calendars have been created to help you stay on track with your Bodyweight Pilates System. This calendar can be printed out to help you with your success. The calendar has been created to begin on a Monday, if your schedule does not allow you to begin on Monday, start on the day that best suits you and continue following the program for the rest of the month.

This Calendar explains which follow along workout you will perform on each day for the Pilates system to be the most effective. It will help you to stay on track.

For each day you will see a workout set for rounds (or sets) and recovery time.

For example: **4R:20sec.recovery**

4R means 4 Rounds of each movement

20sec.recovery ...means 20 second recovery between each round

If you find yourself struggling with completing the 4 Rounds of each workout, reduce it to 3 rounds then work your way up to 4 rounds.

Each day has been designed according to the following:

- **Core** *(A link will be provided, click on the link to be re-directed to the follow along video for the specific day.)*
- **Core & Upper Body** *(A link will be provided, click on the link to be re-directed to the follow along video for the specific day.)*
- **Core & Lower Body** *(A link will be provided, click on the link to be re-directed to the follow along video for the specific day.)*
- **Active Day** *(A variety of choices will be given, for example: outdoor hike, walk, run, etc.)*
- **Rest Day** *(Take the day off =)*

Bodyweight Pilates

Beginner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4R:20sec.recovery Core #1 Lower Body #1	2 Active Day 20 Min Outdoor Walk	3 4R:20sec.recovery Lower Body #3 Upper Body #1	4 Active Day 30 Minute Walk or 2 Mile Run	5 4R:20sec.recovery Core #1 Upper Body #2	6 4R:20sec.recovery Core #3
7 REST DAY	8 4R:20sec.recovery Core #2 Upper Body #1	9 Active Day 20 Minute Bike	10 4R:20sec.recovery Core #2 Lower Body #3	11 Active Day 20 Min. Outdoor Walk	12 4R:20sec.recovery Core #3 Upper Body #2	13 Active Day 20 Min. Outdoor Walk
14 REST DAY	15 4R:20sec.recovery Core #3 Lower Body #3	16 Active Day 20 Minute Walk	17 4R:20sec.recovery Core #2 Upper Body #2	18 Active Day 3 Mile Run or Walk	19 4R:20sec.recovery Core #3	20 Active Day 20 Minute Bike
21 Active Rest Day 20 Min. Outdoor Walk	22 4R:20sec.recovery Core #3	23 Active Day 20 Minute Walk – Incline Treadmill	24 4R:20sec.recovery Core #2 Lower Body #2	25 Active Day 20 Minute Bike or Walk	26 4R:20sec.recovery Core #1 Upper Body #3	27 Active Day 2 Mile Run
28 REST DAY	29 4R:20sec.recovery Core #1 Lower Body #2	30 Active Day 30 Min. Outdoor Walk	31 4R:20sec.recovery Core #2 Upper Body #2			

Bodyweight Pilates

Intermediate

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4R:20sec.recovery Core #2 (beg) Upper Body #2 (adv)	2 Active Day 20 Min Outdoor Walk	3 4R:20sec.recovery Core #1 (adv) Lower Body #1 (beg)	4 Active Day 30 Minute Walk or 2 Mile Run	5 4R:20sec.recovery Core #3 (beg) Upper Body #2 (beg)	6 4R:20sec.recovery Core #3 (adv)
7 REST DAY	8 4R:20sec.recovery Core #1 (beg) Lower Body #2 (adv)	9 Active Day 20 Minute Bike	10 4R:20sec.recovery Core #2 (adv) Upper Body #2 (beg)	11 Active Day 20 Min. Outdoor Walk	12 4R:20sec.recovery Core #3 (beg) Lower Body #1 (adv)	13 Active Day 20 Min. Outdoor Walk
14 REST DAY	15 4R:20sec.recovery Core #2 (adv) Upper Body #2 (adv)	16 Active Day 20 Minute Walk	17 4R:20sec.recovery Core #3 (adv) Lower Body #1 (beg)	18 Active Day 3 Mile Run or Walk	19 4R:20sec.recovery Core #2 (beg) Upper Body #1 (beg)	20 Active Day 20 Minute Bike
21 Active Rest Day 20 Min. Outdoor Walk	22 4R:20sec.recovery Core #3 (adv) Lower Body #1 (beg)	23 Active Day 20 Minute Walk – Incline Treadmill	24 4R:20sec.recovery Core #2 (beg) Upper Body #2 (adv)	25 Active Day 20 Minute Bike or Walk	26 4R:20sec.recovery Core #1 (beg) Lower Body #3 (adv)	27 Active Day 2 Mile Run
28 REST DAY	29 4R:20sec.recovery Core #1 (adv) Upper Body #1 (beg)	30 Active Day 30 Min. Outdoor Walk	31 4R:20sec.recovery Core #3 (beg) Lower Body #3 (adv)			

Bodyweight Pilates

Advanced

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>4R:20sec.recovery</i> Core #3 Upper Body #2	2 <i>Active Day</i> 20 Minute Stationary Bike	3 <i>4R:20sec.recovery</i> Core #1 Lower Body #2	4 <i>Active Day</i> 2 Mile Run	5 <i>4R:20sec.recovery</i> Core #2 Upper Body #1	6 <i>4R:20sec.recovery</i> Core #1 Lower Body #3
7 REST DAY	8 <i>4R:20sec.recovery</i> Core #1 Lower Body #2	9 <i>Active Day</i> 20 Minute Bike	10 <i>4R:20sec.recovery</i> Core #2 Upper Body #2	11 <i>Active Day</i> 20 Minute Outdoor Walk	12 <i>4R:20sec.recovery</i> Core #3 Lower Body #3	13 <i>Active Day</i> 20 Minute Hike
14 REST DAY	15 <i>4R:20sec.recovery</i> Core #2 Upper Body #3	16 <i>Active Day</i> 2 Mile Run	17 <i>4R:20sec.recovery</i> Core #1 Lower Body #1	18 <i>Active Day</i> 3 Mile Run	19 <i>4R:20sec.recovery</i> Core #3 Upper Body #3	20 <i>Active Day</i> 20 Minute Bike
21 <i>Active Day</i> 30 Minute Walk	22 <i>4R:20sec.recovery</i> Core #3 Lower Body #3	23 <i>Active Day</i> 20 Minute Walk – Incline Treadmill	24 <i>4R:20sec.recovery</i> Core #2 Upper Body #2	25 <i>Active Day</i> 2 Mile Run	26 <i>4R:20sec.recovery</i> Core #1 Lower Body #1	27 <i>Active Day</i> 2 Mile Run
28 REST DAY	29 <i>4R:20sec.recovery</i> Core #1 Upper Body #1	30 <i>Active Day</i> 30 Minute Walk	31 <i>4R:20sec.recovery</i> Core #2 Lower Body #2			