

28-DAY PILATES PLAN

DAY 1

1. STANDING ROLL-DOWN 5 reps
2. DYNAMIC CORE PLANK 15 reps per leg
3. THIGH STRETCH 10 reps
4. KNEELING SIDE KICK 20 reps per leg
5. DOUBLE-LEG STRETCH 10 to 15 reps
6. SCISSORS 10 reps per leg
7. HUNDRED 10 breath cycles
8. SIDE TEASER 5 reps per side
9. SWAN 5 to 8 reps
10. SIDE LEG SERIES 10 reps/15 circles
11. ROLL-UP 5 reps



DAY 2

1. STANDING ROLL-DOWN 10 reps
2. DYNAMIC CORE PLANK 15 reps per leg
3. THIGH STRETCH 15 reps
4. KNEELING SIDE KICK 20 reps per leg
5. DOUBLE-LEG STRETCH 15 to 20 reps
6. SCISSORS 15 reps per leg
7. HUNDRED 15 breath cycles
8. SIDE TEASER 10 reps per side
9. SWAN 8 to 10 reps
10. SIDE LEG SERIES 15 reps/15 circles
11. ROLL-UP 10 reps



DAY 3

1. STANDING ROLL-DOWN 10 reps
2. DYNAMIC CORE PLANK 20 reps per leg
3. THIGH STRETCH 15 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 15 to 20 reps
6. SCISSORS 20 reps per leg
7. HUNDRED 20 breath cycles
8. SIDE TEASER 15 reps per side
9. SWAN 8 to 10 reps
10. SIDE LEG SERIES 20 reps/15 circles
11. ROLL-UP 10 reps



DAY 4

1. STANDING ROLL-DOWN 15 reps
2. DYNAMIC CORE PLANK 20 reps per leg
3. THIGH STRETCH 20 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 20 to 25 reps
6. SCISSORS 25 reps per leg
7. HUNDRED 20 breath cycles
8. SIDE TEASER 15 reps per side
9. SWAN 10 to 12 reps
10. SIDE LEG SERIES 25 reps/20 circles
11. ROLL-UP 15 reps



DAY 5

1. STANDING ROLL-DOWN 15 reps
2. DYNAMIC CORE PLANK 25 reps per leg
3. THIGH STRETCH 25 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 20 to 25 reps
6. SCISSORS 30 reps per leg
7. HUNDRED 25 breath cycles
8. SIDE TEASER 20 reps per side
9. SWAN 10 to 12 reps
10. SIDE LEG SERIES 20 reps/25 circles
11. ROLL-UP 15 reps



DAY 6

1. STANDING ROLL-DOWN 20 reps
2. DYNAMIC CORE PLANK 25 reps per leg
3. THIGH STRETCH 30 reps
4. KNEELING SIDE KICK 25 reps per leg
5. DOUBLE-LEG STRETCH 25 to 30 reps
6. SCISSORS 30 reps per leg
7. HUNDRED 30 breath cycles
8. SIDE TEASER 20 reps per side
9. SWAN 12 to 14 reps
10. SIDE LEG SERIES 25 reps/25 circles
11. ROLL-UP 20 reps



Pilates At Home Weight Loss Plan How To

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Weight Loss Blueprint Susan Zeppieri ,2023-02-02 The significance of long term maintenance and establishing a balance between a healthy diet and regular exercise that can be maintained over time is another theme that runs throughout the book Both of these themes are addressed often How to overcome weight loss plateaus and how to adapt the strategy as necessary are also covered in this section Overall the reader has been equipped with the resources and the information necessary to lose weight in a manner that is both healthy and long term by reading this book Keep in mind that shedding extra pounds is a process that takes time and it is essential to practise patience and kindness toward yourself as you make progress toward your objectives The Pilates Method of Body Conditioning Sean P. Gallagher,Romana Kryzanowska,1999 Here s your opportunity to begin working out with the world s fastest growing exercise program originated by Joseph H Pilates Pi LAH teeZ Once used mainly by performing artists and athletes this low stress program is now available to millions of active and sedentary people to improve their physical and mental well being The book contains more than 70 exercises with over 300 photographs to show you how to work out at home or in the office on the various Pilates apparatus **The Complete Idiot's Guide to Boosting Your Metabolism** Dr. Joseph Klapper,2008-12-02 Make your body work for its own good In The Complete Idiot s Guide to Boosting Your Metabolism noted cardiologist Dr Joseph Lee Klapper takes readers from what the metabolism is and how it works through the many ways to raise it including by what we eat and drink both independently and in combination Also Dr Klapper s exercise plan helps readers to reduce fat and increase muscle and his recipes show readers how delicious it can be to be a booster Not a quick fix long term failure plan this book offers a lifestyle change that will lead to sustained improvement Explains factors beyond readers control heredity age and sex and helps them boost the metabolism they have Medically proven diet information and a sound exercise plan The Dash Diet Weight Loss Solution Marla Heller,2012-12-18 New York Times bestselling author Marla Heller provides readers with a DASH diet program specifically for losing weight fast and keeping it off for good named 1 Best Diet Overall by US News World Report for eight years in a row The Dash diet isn t just for healthy living anymore now it s for healthy weight loss too Using the key elements of the Dash Dietary Approaches to Stop Hypertension diet and proven never before published NIH research bestselling author foremost Dash dietitian and leading nutrition expert Marla Heller has created the most effective diet for quick and lasting weight loss Based on the diet rated the 1 Best Overall Diet by Us News World Report this effective and easy program includes menu plans recipes shopping lists and more Everything you need to lose weight and get healthy With a diet rich in fruits vegetables low fat and nonfat dairy lean meats fish and poultry nuts beans and seeds heart healthy fats and whole grains you will drop pounds and revolutionize your health while eating foods you love In just 2 weeks you ll experience Faster metabolism Lower body fat Improved strength and cardiovascular fitness Plus lower cholesterol and blood pressure without medication without counting calories As effective as the original DASH is for heart health the program is now

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agriculture After Bob died tragically in 1990 Ardie Bob s widow and their family carried on the tradition The company still privately owned and run brought the concepts of organic food healthy active living and environmental responsibility to the mainstream and now reaches some 25 million customers through Prevention Organic Gardening Men s Health Women s Health Best Life Bicycling Mountain Bike Runner s World and Running Times magazines best selling books such as An Inconvenient Truth The South Beach Diet The Doctors Book of Home Remedies and Eat This Not That multimedia Web sites and numerous philanthropic activities In this gorgeous full color volume loaded with photos and memorabilia the story of the modest beginnings of this fascinating family and their sixty plus years of tireless work that now helps millions of people worldwide live a more whole life is now available for the first time **The New Fat Flush Plan** Ann Louise

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