

# 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 ..... 10 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 Tricks

**Peipei Pang**



## **Pilates At Home Weight Loss Plan Tricks:**

*6 Tips to Help You Lose Weight Now* Gregory Groves, Virtually everything you have been led to believe in regards to losing weight is WRONG The problem with pretty much every so called weight loss program and weight loss book out there is that all the information is just recycled information Information that helps you minimally and only helps you externally not internally This sets you up for future failures So many people struggle daily with identifying with what is healthy and what is not what you should eat and what you should avoid In this article I share with you 6 tips to help you lose weight now If you want to achieve sustainable weight loss while dealing with your FOOD ADDICTION BINGE EATING AND EMOTIONAL EATING ISSUES then drop the cookie cutter magic pill solutions now All they will do is empty your wallet Healthy living starts from the inside NOT the outside Take that first step now and start dealing with your weight loss struggles in a positive sustainable way Learning to live a happy life doesn't come with the new fad diet that makes the false promise of helping you to lose fat fast and you will not find those promises in this article Living a happy life a TRULY happy life comes from developing healthy habits The coaching exercises in this book will help you accomplish this HIT THE BUY NOW BUTTON AND START TAKING CONTROL As I am fond of saying Transform Your Habits Transform Your Mind and Transform Your Life Always remember Action success and change begins with you

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