

28-DAY PILATES PLAN

DAY 1

1. STANDING ROLL-DOWN
2. DYNAMIC CORE PLANK
3. THIGH STRETCH
4. KNEELING SIDE KICK
5. DOUBLE-LEG STRETCH
6. SCISSORS
7. HUNDRED
8. SIDE TEASER
9. SWAN
10. SIDE LEG SERIES
11. ROLL-UP

5 reps.
15 reps per leg.
10 reps.
20 reps per leg.
10 to 15 reps.
10 reps per leg.
10 breath cycles.
5 reps per side.
5 to 8 reps.
10 reps/15 circles.
5 reps.



DAY 2

1. STANDING ROLL-DOWN
2. DYNAMIC CORE PLANK
3. THIGH STRETCH
4. KNEELING SIDE KICK
5. DOUBLE-LEG STRETCH
6. SCISSORS
7. HUNDRED
8. SIDE TEASER
9. SWAN
10. SIDE LEG SERIES
11. ROLL-UP

10 reps.
15 reps per leg.
15 reps.
20 reps per leg.
15 to 20 reps.
15 reps per leg.
15 breath cycles.
10 reps per side.
8 to 10 reps.
15 reps/15 circles.
10 reps.



DAY 3

1. STANDING ROLL-DOWN
2. DYNAMIC CORE PLANK
3. THIGH STRETCH
4. KNEELING SIDE KICK
5. DOUBLE-LEG STRETCH
6. SCISSORS
7. HUNDRED
8. SIDE TEASER
9. SWAN
10. SIDE LEG SERIES
11. ROLL-UP

10 reps.
20 reps per leg.
15 reps.
25 reps per leg.
15 to 20 reps.
20 reps per leg.
20 breath cycles.
15 reps per side.
8 to 10 reps.
20 reps/15 circles.
10 reps.



DAY 4

1. STANDING ROLL-DOWN
2. DYNAMIC CORE PLANK
3. THIGH STRETCH
4. KNEELING SIDE KICK
5. DOUBLE-LEG STRETCH
6. SCISSORS
7. HUNDRED
8. SIDE TEASER
9. SWAN
10. SIDE LEG SERIES
11. ROLL-UP

15 reps.
20 reps per leg.
20 reps.
25 reps per leg.
20 to 25 reps.
25 reps per leg.
20 breath cycles.
15 reps per side.
8 to 12 reps.
20 reps/20 circles.
10 reps.



DAY 5

1. STANDING ROLL-DOWN
2. DYNAMIC CORE PLANK
3. THIGH STRETCH
4. KNEELING SIDE KICK
5. DOUBLE-LEG STRETCH
6. SCISSORS
7. HUNDRED
8. SIDE TEASER
9. SWAN
10. SIDE LEG SERIES
11. ROLL-UP

15 reps.
25 reps per leg.
25 reps.
25 reps per leg.
20 to 25 reps.
30 reps per leg.
25 breath cycles.
20 reps per side.
10 to 12 reps.
20 reps/25 circles.
15 reps.



DAY 6

1. STANDING ROLL-DOWN
2. DYNAMIC CORE PLANK
3. THIGH STRETCH
4. KNEELING SIDE KICK
5. DOUBLE-LEG STRETCH
6. SCISSORS
7. HUNDRED
8. SIDE TEASER
9. SWAN
10. SIDE LEG SERIES
11. ROLL-UP

20 reps.
25 reps per leg.
30 reps.
25 reps per leg.
25 to 30 reps.
30 reps per leg.
30 breath cycles.
20 reps per side.
12 to 14 reps.
25 reps/25 circles.
20 reps.



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Shasha Hu

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