

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



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Lingsheng Yao

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