

JESSICA VALANT

movement with heart *Pilates*

Please read through the notes at the bottom of the calendar. There are tips to help you get the most out of your month!

Pilates Jumpstart Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>REST DAY Health Tip: Take 10 minutes to right down three goals you have for yourself this month. Nothing is too extravagant! Let your thoughts flow and get your desires down on paper.</p>	<p>CARDIO <u>WATCH THE JUMPSTART WELCOME VIDEO HERE!</u> Steady state cardio 30 minutes</p>	<p>ARMS & MORE - <u>Pilates for Every Body HELPFUL TUTORIAL</u> - <u>How to do a crunch without neck pain video</u></p>	<p>HIIT & ABS - <u>Non-Impact HIIT Fundamentals</u> <i>* This non-impact high intensity interval training workout will prepare you for the more intense HIIT days to come!</i></p>	<p>ACTIVE REST/ STRETCH - <u>Full Body Stretch and Release HELPFUL TUTORIAL</u> - <u>Breathing tutorial</u></p>	<p>LEGS & MORE - <u>Pilates for Legs Routine</u></p>	<p>CARDIO Steady state cardio 30 minutes</p>
<p>REST DAY Health Tip: Meal prep day! Wash and chop some raw veggies, roast some sweet potatoes, make some Gluten Free Zucchini Muffins from the 10 Day Meal Plan. Set yourself up for nutrition success this week!</p>	<p>CARDIO Steady state cardio 30 minutes</p>	<p>ARMS & MORE - <u>Pilates for Arms and Upper Back 2.0</u> - <u>Shoulder Stretch Routine</u></p>	<p>HIIT & ABS - <u>Beginner Weight Workout</u></p>	<p>ACTIVE REST/ STRETCH - 10 minute walk - <u>Perfect Morning Routine</u></p>	<p>LEGS & MORE - <u>Cardio Pilates</u> (intermediate level) OR - <u>Physical Therapy for SI Pain</u> (beginner level)</p>	<p>CARDIO Steady state cardio 30 minutes</p>

<p>REST DAY Health Tip: Use kind words when talking about yourself. Start to notice when you talk down about yourself and begin to change the words and stories you tell! You are strong, you are powerful, you are important and you are beautiful.</p>	<p>CARDIO Steady state cardio 30 minutes</p>	<p>ARMS & MORE - <u>Towel Workout</u> BONUS WORKOUT - <u>10 Minute Pilates for Arms</u></p>	<p>HIIT & ABS - 20 Minutes Cardio of your choice. Warm up for 2 minutes. Then go as hard as you can for 1 minute, then regular effort for 1 minute. Alternate for 16 minutes, then cool down for 2 minutes. Your “hard” might be sprinting or just walking fast. It doesn't matter! Just go hard for you :). - <u>Lower Abdominal Workout</u></p>	<p>ACTIVE REST/ STRETCH - <u>Full Body Opening</u></p>	<p>LEGS & MORE <i>Barre day!</i> - <u>Barre Pilates Fusion Workout</u> Click here for a special discount on your own Booty Kicker barre if you want one for home!</p>	<p>CARDIO Steady state cardio 30 minutes</p>
<p>REST DAY Health Tip: Look back at your goals from the beginning of the month. Have you gotten closer to reaching them? Maybe you’ve discovered they don’t excited you so you need new ones? Continue to adjust your roadmap so you can get where you want to go!</p>	<p>CARDIO Steady state cardio 30 minutes</p>	<p>ARMS & MORE - <u>45 Minute Creative Pilates Flow</u></p>	<p>HIIT & ABS - <u>Pilates Tabata Workout</u> <i>This is a fun way to start getting some HIIT benefits! Go at your own pace, rest when you need to. If it’s too much for now, go back to the Non-Impact HIIT from day one 😊.</i></p>	<p>ACTIVE REST/ STRETCH - 10 minute walk - <u>Open Your Heart Routine</u></p>	<p>LEGS & MORE - <u>Strong Ankles, Knees and Hips</u></p>	<p>CARDIO Steady state cardio 30 minutes</p>

Congratulations!

You've finished all 4 weeks! Now keep putting one foot in front of the other and just don't stop!

*** Notes -**

* **Cardio** - We will have three designated cardio blocks each week. Your goal during this block of exercise is to do any activity that increases your heart rate. This can include walking, running, hiking, biking, dancing, etc... On Mondays and Saturdays, this will be a steady state cardio session, meaning your goal is to increase your heart rate and maintain that during your session. Think a steady walk, bike ride or run. 30 minutes is your goal, but if you are new to exercise, start shorter and build up! Try to switch it up occasionally to challenge your body! If you always ride a stationary bike, try the elliptical or walking hills. The changes come in our body when we change it up and challenge ourselves.

* **HIIT** (Wednesdays) - High intensity interval training (HIIT) is meant to really challenge you by getting your heart rate up in shorter bursts of energy and time. These are meant to be a challenge and get you out of that comfort zone! Some days will include a workout that involves any cardio of your choice. You will warm up for a few minutes, then alternate going hard and resting for a certain amount of time. If you are walking, then try jogging or walking up hills for your work. Then walk normal for your rest. If you are running, try sprinting for the work and running normally for the rest. You get the picture. Just make yourself work :)!.

* **Modify** - Modify any workout as needed for your body! For example, if you are on leg day and want to find a different leg workout, check the membership site for many alternative options.

* **Links** - Any workout that is underlined is a link to a video or pdf taking you through the workout. Just click on it to be redirected.

* **Active rest days** - Active rest days are days that you get some movement while also letting your body rest and recover. This may include a bike ride with your family, a stretching session or a gentle yoga class.

* **Injuries** - If you have any injuries, you may need to skip certain exercises or routines. Modify as needed. As always, check with a doctor before making any exercise changes and always stop if you have pain.

* **Be consistent** - Do your best to stick with the program, as habits and changes are built with consistency! If you miss a day, just jump back in the next day! If you are traveling or an event comes up that changes your schedule, you can switch days as needed. The key is to just be consistent.

* *These exercises and recommendations are not meant to diagnose or treat any condition you may have. Please get permission from your doctor before starting an exercise routine and always stop if you experience pain, chest pressure or dizziness. By participating in this program you accept all responsibility and agree to hold Jessica Valant Pilates LLC and its agents harmless.*