

# 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!

## Prolapse Workout Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>GET STARTED!</b> Watch <a href="#">this important tutorial</a> about postpartum precautions and contraindications after birth! Make sure you have your doctor's permission to start an exercise program before beginning.</p>	<p><b>CARDIO</b> Steady state cardio 30 minutes</p>	<p><b>ARMS &amp; MORE</b> - <a href="#">Prolapse Workout HELPFUL TUTORIAL</a> - <a href="#">Breathing Tutorial</a></p>	<p><b>HIIT &amp; ABS</b> - <a href="#">Non-Impact HIIT 1 HELPFUL TUTORIAL</a> - <a href="#">Pelvic Floor Exercises</a></p>	<p><b>ACTIVE REST/ STRETCH</b> - <a href="#">Stretching for Tight Hips</a></p>	<p><b>LEGS &amp; MORE</b> - <a href="#">Workout for Stronger Glutes</a></p>	<p><b>CARDIO</b> Steady state cardio 30 minutes</p>
<p><b>REST DAY</b> <b>Health Tip:</b> Meal prep day! Wash and chop some raw veggies, roast some sweet potatoes, make some Gluten Free Zucchini Muffins from UNLIMITED! Make sure you have some nutritious and filling snacks that you can easily eat with one hand :).</p>	<p><b>CARDIO</b> Steady state cardio 30 minutes</p>	<p><b>ARMS &amp; MORE</b> - <a href="#">Quickie Arm Burn With Weights</a> - <a href="#">Shoulder Stretch Routine</a></p>	<p><b>HIIT &amp; ABS</b> - <a href="#">Standing Weight Combo #1</a> - <a href="#">Diastasis Recti Workout</a></p>	<p><b>ACTIVE REST/ STRETCH</b> - 20 minute walk - <a href="#">Routine for Neck Pain</a></p>	<p><b>LEGS &amp; MORE</b> - <a href="#">Sidelying Leg Challenge</a> - <a href="#">Lunge Challenge</a></p>	<p><b>CARDIO</b> Steady state cardio 30 minutes</p>

<p><b>REST DAY</b>  <b>Health Tip:</b>  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><b>CARDIO</b>  Steady state cardio  30 minutes</p>	<p><b>ARMS &amp; MORE</b>  - <u>Seated Arm Workout With Weights</u>  - <u>Shoulder Workout With Weights</u></p>	<p><b>HIIT &amp; WEIGHTS</b>  - <u>Non-Impact HIIT #2</u>  - <u>5 Minute Upper Back Strengthening</u></p>	<p><b>ACTIVE REST/ STRETCH</b>  - <u>Renew &amp; Restore</u></p>	<p><b>LEGS &amp; MORE</b>  <i>Barre day!</i>  - <u>Prenatal Leg Workout</u>  <i>(you may not be pregnant but these moves are effective and safe for prolapse!)</i>  - <u>Short Barre for Thighs</u></p>	<p><b>CARDIO</b>  Steady state cardio  30 minutes</p>
<p><b>REST DAY</b>  <b>Health Tip:</b>  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><b>CARDIO</b>  Steady state cardio  30 minutes</p>	<p><b>ARMS &amp; MORE</b>  - <u>Quadruped Workout</u></p>	<p><b>HIIT</b>  - <u>Standing Weight Combo #2</u></p>	<p><b>ACTIVE REST/ STRETCH</b>  - 20 minute walk  - <u>Open Your Heart Routine</u></p>	<p><b>LEGS &amp; MORE</b>  - <u>Pilates for Legs Routine</u></p>	<p><b>CARDIO</b>  Steady state cardio  30 minutes</p>

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**\* 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.*