

14 DAY AUTUMN PILATES PLAN

A full body Pilates Plan to kick start your regular practise

	MON	TUE	WED	THUR	FRI	SAT	SUN
WEEK 1:	<u>30 minute Pilates when working at home</u>	<u>Pilates for low back pain</u>	<u>Pilates 15 minute full body flow</u>	REST DAY	<u>Pilates & the band- a full body workout</u>	<u>15 minute Pilates with cardio workout</u>	<u>Full body feel good Pilates</u>
WEEK 2:	<u>Full body Pilates to compliment when working at home</u>	<u>Every day Pilates with the magic circle</u>	<u>20 minute full body Pilates flow</u>	REST DAY	<u>Ultimate Pilates core workout</u>	<u>15 minute hip opening Pilates workout</u>	<u>20 minute Full body Pilates flow (new)</u>

