

# 7-DAY PILATES REFRESH

## WEEK 1

## WEEK 2

DAY 1

intro  
breathing

breathing  
foot roll  
glute stretches  
banana asana

ankle alphabet

DAY 2

breathing  
foot roll

breathing  
foot roll  
glute stretches  
banana asana

ankle alphabet  
glute med leg lift

DAY 3

breathing  
foot roll  
glute stretches

rest day

Remember to drink plenty of water, and begin each day with the breathing exercise.

DAY 4

breathing  
foot roll  
glute stretches  
banana asana

breathing  
foot roll  
glute stretches  
banana asana

ankle alphabet  
glute med leg lift  
knee folds  
row front

DAY 5

rest day

breathing  
foot roll  
glute stretches  
banana asana

ankle alphabet  
glute med leg lift  
knee folds  
row front

flight

DAY 6

breathing  
foot roll  
glute stretches  
banana asana

breathing  
foot roll  
glute stretches  
banana asana

ankle alphabet  
glute med leg lift  
knee folds  
row front

flight

DAY 7

breathing  
foot roll  
glute stretches  
banana asana

breathing  
foot roll  
glute stretches  
banana asana

ankle alphabet  
glute med leg lift  
knee folds  
row front

flight