

The Pilates Challenge

by Cassey Ho at blogilates.com

So this challenge is created by a qualified online pilates instructor and it covers 30 days but feel free to just focus on it for 14 days if that feels more realistic.

Note all of this is sourced from blogilates.com where it is offered as a free resources. This is not created by myself, all credit to Cassey Ho and blogilate.com

>> [Click here to download your free planner to print off and tick off as you go](#) <<

Video workouts:

Click on the corresponding days to get directed to the workout videos on her youtube channel!

WEEK 1

[Day 1](#) [Day 2](#) [Day 3](#) [Day 4](#) [Day 5](#) [Day 6](#) [Day 7](#)

WEEK 2

[Day 8](#) [Day 9](#) [Day 10](#) [Day 11](#) [Day 12](#) [Day 13](#) [Day 14](#)

WEEK 3

[Day 15](#) [Day 16](#) [Day 17](#) [Day 18](#) [Day 19](#) [Day 20](#) [Day 21](#)

WEEK 4

[Day 22](#) [Day 23](#) [Day 24](#) [Day 25](#) [Day 26](#) [Day 27](#) [Day 28](#)

A Note from Cassey.....

Hey POPsters!

Welcome to the Beginner's Calendar 2.0! Lots of you were asking for an updated beginners calendar with all the new videos so I thought the beginning of the year would be a perfect time to do it!

I developed this Beginner's calendar to help those of you who are just starting out on your fitness journey and are unsure about how to ease into the routines. I want you to know that you are capable of ANYTHING and that all it takes is a little practice. This is a structured 4 week plan and compilation of videos that will really help you understand the basics of Pilates – like proper form, proper breathing, mind-body connection. Once you finish this calendar, I guarantee you'll be ready to do the monthly calendars!

How to use:

1. Subscribe to [YouTube.com/Blogilates](https://www.youtube.com/Blogilates)
2. Print the calendar and hang it on your wall
3. Do each of the videos once (video playlists are listed per day in the table above)
4. Check mark each video you do
5. Sign off and then tweet or instagram me your accomplishment @Blogilates (and @supernaturallyhealthy of course!)
6. Download the Blogilates App (free on iPhone and Android) to make friends in there! It's such a fun and inspiring community! This calendar is available there as well. For only 99c you get all your videos in one place (no need to search YouTube) and you get to electronically check off your daily achievements. It's pretty cool!