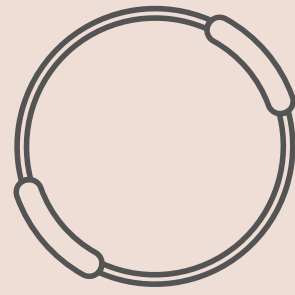


# Learn Pilates

## Beginner's Calendar



### week 1

SUNDAY	Pilates Breath
MONDAY	Half Roll Back
TUESDAY	Hundred
WEDNESDAY	Single Leg Stretch
THURSDAY	Criss Cross
FRIDAY	Double Leg Stretch
SATURDAY	Single Straight Leg Stretch

### week 2

SUNDAY	Bridge
MONDAY	Single Leg Circle
TUESDAY	Roll Up
WEDNESDAY	Rolling Like A Ball
THURSDAY	Teaser
FRIDAY	Spine Stretch
SATURDAY	Spine Twist

### week 3

SUNDAY	Saw
MONDAY	Cat Back
TUESDAY	Mermaid
WEDNESDAY	Side Bend
THURSDAY	Side Kick - Lift & Lower
FRIDAY	Side Kick - Forward
SATURDAY	Plank

### week 4

SUNDAY	Modified Leg Pull
MONDAY	Pilates Push-Up
TUESDAY	Swan Lift
WEDNESDAY	Single Leg Kick
THURSDAY	Double Leg Kick
FRIDAY	Heel Lifts
SATURDAY	Swimming Prep