

A 28-day bed Pilates calendar

Our editorial example, built from the sources below, not an expert program. Tick a circle each day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Learn the basics 5 moves · 3–5 reps	1 Bed Pilates	2 Bed Pilates	3 Bed Pilates	4 Gentle stretch	5 Bed Pilates	6 Bed Pilates	7 Gentle stretch
Week 2 Add core and hips 8 moves · 5 reps	8 Bed Pilates	9 Bed Pilates	10 Bed Pilates	11 Gentle stretch	12 Bed Pilates	13 Bed Pilates	14 Gentle stretch
Week 3 Full routine 10 moves · build toward 8–10 reps	15 Bed Pilates	16 Bed Pilates	17 Bed Pilates	18 Gentle stretch	19 Bed Pilates	20 Bed Pilates	21 Gentle stretch
Week 4 Progress More reps or 2 rounds; a band or mat days	22 Bed Pilates	23 Mat day (or bed)	24 Bed Pilates	25 Gentle stretch	26 Mat day (or bed)	27 Bed Pilates	28 Gentle stretch

-  Bed Pilates = this week's moves (from the bed-pilates routine)
-  Gentle stretch = the moon moves, slow and gentle (Sleep Foundation)
-  Mat day = same routine on a mat on the floor (Betiku)

Daily or 3–5 times a week?

The viral format is daily. Cleveland Clinic suggests Pilates 3–5x a week plus cardio and strength work.

Firm surface · slow · stop if it hurts · pregnant or osteoporosis? Ask your doctor or a PT first.

Sources: Lesley Logan (10 reps max, firm bed); Cleveland Clinic, Michael Dakkak, DO (10–15 reps; add resistance as you get stronger); Dr. Femi Betiku (mat); Sleep Foundation (bedtime); Garage Gym Reviews (daily format); Cleveland Clinic (3–5x a week). PilatesVerdict.com