A 28-day chair 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 · 5 reps	1 ○ Chair Pilates	2 ○ Chair Pilates	3 ○ Chair Pilates	4 ○ Gentle day	5 ○ Chair Pilates	6 ○ Chair Pilates	7 ○ Gentle day
Week 2 Add twist, side bend 7 moves · 5–8 reps	8 ○ Chair Pilates	9 ○ Chair Pilates	10 ○ Chair Pilates	11 ○ Gentle day	12 ○ Chair Pilates	13 ○ Chair Pilates	14 ○ Gentle day
Week 3 Full routine 10 moves · 8–10 reps	15 ○ Chair Pilates	16 ○ Chair Pilates	17 ○ Chair Pilates	18 ○ Gentle day	19 ○ Chair Pilates	20 ○ Chair Pilates	21 ○ Gentle day
Week 4 Progress 10 reps · 2 rounds; + band or sit-to-stand	22 ○ Chair Pilates	23 ○ Chair Pilates	24 ○ Chair Pilates	25 ○ Gentle day	26 ○ Chair Pilates	27 ○ Chair Pilates	28 ○ Gentle day

Chair Pilates = this week's moves (see the routine)

Gentle day = breathing, chest opener, ankle circles

Daily or 3 days a week?

Viral challenges are daily; OUH calls daily ideal for gentle seated work. NHS: at least 2x a week. 3 days a week is fine too.

Sturdy chair · no wheels · feet flat · stop if it hurts · osteoporosis? Skip the roll down.

Sources: Cleveland Clinic PT Tobi Jevnikar (10 reps, build to 2–3 sets); NHS sitting exercises; Oxford University Hospitals; Pilates Anytime; Univ. of Melbourne Sport; Peloton; CDC (sit-to-stand); BHOF (osteoporosis); Garage Gym Reviews. PilatesVerdict.com