28-Day Chair Pilates Challenge

A free seated plan: 10 moves, 4 weeks, no app

Sturdy chair · no wheels · feet flat · stop if it hurts

Tick a circle each day (our editorial example)

Week 1 5 moves · 5 reps	1	2	3	4 gentle	5	6	7 gentle
Week 2 7 moves · 5–8 reps	8	9	10	11 gentle	12	13	14 gentle
Week 3 10 moves · 8–10 reps	15	16	17	18 gentle	19	20	21 gentle
Week 4 2 rounds + band/stand	22	23	24	25 gentle	26	27	28 gentle

Chair Pilates: this week's moves

Gentle day: breathing, chest opener, ankle circles



1 · Week 1+ · GENTLE DAY

Find your center, breathe

3–5 breaths each



2 · Week 1+

Seated pelvic tilt

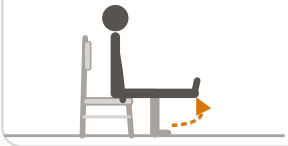
10



3 · Week 1+

Seated march

10 / side



4 · Week 1+

Leg extension

10 / leg



5 · Week 3+

Seated Hundred (arms only)

5 counts in, 5 out



6 · Week 1+ · GENTLE DAY

Chest opener

5 × 5–10 s hold



7 · Week 2+

Seated spine twist

3–5 / side



8 · Week 2+

Seated side bend

5 / side



9 · Week 3+

Opposite arm & leg reach

10



10 · Week 3+

Seated roll down

3

twists or rounds the spine: osteoporosis? keep it small or swap it (BHOF)

Week 4 extras: a light band in the chest opener, or sit-to-stand (CDC) with the chair against a wall. Skip it if you can't stand safely. Stop if it hurts (NHS).

Moves: Pilates Anytime (1, 7, 10), Cleveland Clinic PT Tobi Jevnikar (2, 3, 4, 8), Peloton (5), NHS (6, 7), Univ. of Melbourne Sport (9).