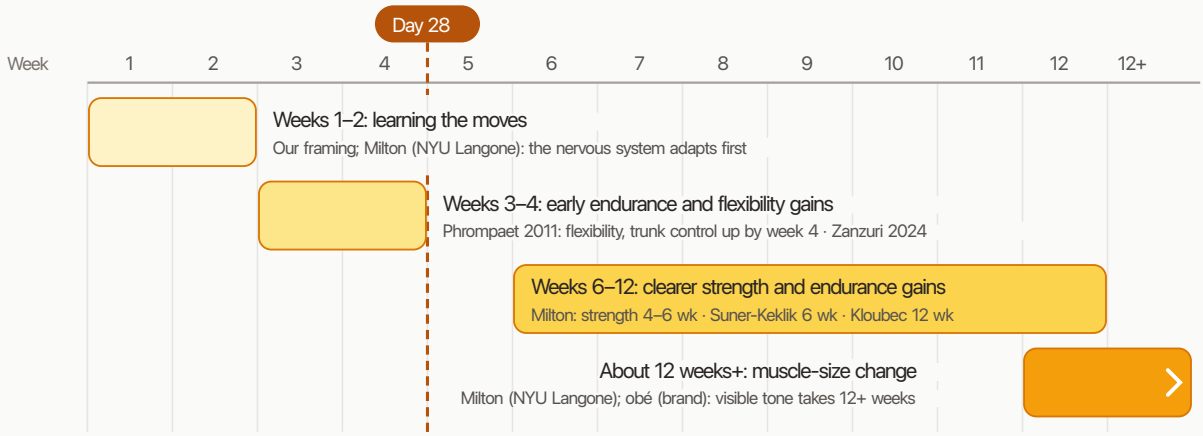
28-Day Pilates Challenge Results

What really changes by day 28, and how to check yours

Based on mat Pilates studies and expert comments. Not a guarantee.

A realistic timeline



✓ Likely by day 28

Better core endurance, flexibility and control, plus a habit started, especially if you were inactive before (Phrompaet 2011; Zanzuri 2024; Milton)

× Unlikely by day 28

Visible muscle change, meaningful weight or waist loss. Wang 2021: weight effect only in programs over 10 weeks; no significant change in waist size

Day 1 vs. day 28 self-check

(our checklist, not a validated test)

1 Plank hold



Day 1	Day 28
seconds	seconds

2 Curl-ups in 1 minute



Day 1	Day 28
reps	reps

3 Push-ups (wall or knee)



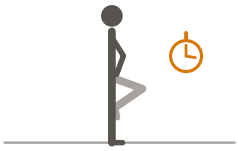
Day 1	Day 28
reps	reps

4 Reach (sit-and-reach)



Day 1	Day 28
in or cm	in or cm

5 Single-leg stand



Day 1	Day 28
sec L / R	sec L / R

6 Energy, sleep and mood

1 2 3 4 5

Day 1	Day 28
E / S / M	E / S / M

Osteoporosis or spinal bone loss? Skip curl-ups and forward reaches (BHOF).

Same time of day, same version of each test. Add a same-conditions photo (Allina Health).

Sources: TODAY/NYU Langone (Milton), obé (brand), Kloubec 2010, Phrompaet 2011, Suner-Keklik 2022, Zanzuri 2024, Wang 2021, Allina Health, BHOF.