A 28-day mat 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 · low end of the rep ranges	1 ○ Pilates	2 ○ Pilates	3 ○ Walk or stretch	4 ○ Pilates	5 ○ Pilates	6 ○ Walk or stretch	7 ○ Rest
Week 2 Add the core series 8 moves	8 ○ Pilates	9 ○ Pilates	10 ○ Walk or stretch	11 ○ Pilates	12 ○ Pilates	13 ○ Walk or stretch	14 ○ Rest
Week 3 Full routine All 10 moves	15 ○ Pilates	16 ○ Pilates	17 ○ Walk or stretch	18 ○ Pilates	19 ○ Pilates	20 ○ Walk or stretch	21 ○ Rest
Week 4 Progress Top reps, Hundred legs higher, or 2 rounds	22 ○ Pilates	23 ○ Pilates	24 ○ Walk or stretch	25 ○ Pilates	26 ○ Pilates	27 ○ Walk or stretch	28 ○ Rest

- **Pilates** = this week's moves
- **Active recovery** = an easy walk or gentle stretch
- **Rest** = a full day off (UCLA Health)

New to Pilates? Try the starter track

Weeks 1–2: do 2–3 of the Pilates days. Healthline: start with 1–2 days a week, then build up to 4 with recovery between.

Start easy · stop if it hurts · pregnant or osteoporosis? Ask first.

Sources: Healthline (1–2 days a week, up to 4); Cleveland Clinic (3–5x a week); UCLA Health (one day off a week); moves from TODAY, BASI, Pilates Anytime, Healthline; ACOG (pregnancy); BHOF (osteoporosis). PilatesVerdict.com