28-Day Pilates Challenge

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

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

Tick a circle each day (our editorial example)

Week 1 5 moves · low reps	1 ●	2 ●	3 walk ○	4 ●	5 ●	6 walk ○	7 rest ○
Week 2 8 moves	8 ●	9 ●	10 walk ○	11 ●	12 ●	13 walk ○	14 rest ○
Week 3 All 10 moves	15 ●	16 ●	17 walk ○	18 ●	19 ●	20 walk ○	21 rest ○
Week 4 Top reps or 2 rounds	22 ●	23 ●	24 walk ○	25 ●	26 ●	27 walk ○	28 rest ○

■ Pilates: this week's moves ☐ Walk or gentle stretch ☐ Rest day



1 · Week 1+

Breathing & pelvic tilt

10



2 · Week 1+

Pelvic curl

6–10



3 · Week 2+

Chest lift

A few slow reps



4 · Week 1+

The Hundred (knees bent)

10 breath cycles



5 · Week 2+

Single leg stretch

8–10



6 · Week 1+

Single leg circles

5–10 each way



7 · Week 3+

Supine spine twist

A few / side



8 · Week 3+

Half roll down

6–10



9 · Week 1+

Side kick (or clamshell)

10 / side



10 · Week 2+

Swan prep & swimming

Swan 6 · swim 10–20

rounds or twists the spine: osteoporosis? swap it or ask a PT (BHOF)

Week 4: top of each rep range, the Hundred with legs lifted, or two rounds.
New? Weeks 1–2, do 2–3 Pilates days (Healthline: start 1–2x a week, build to 4).

Moves: TODAY (1, 2, 5, 6, 8, 9), BASI (2, 3, 5, 6, 7), Pilates Anytime (2, 4, 8, 10), Healthline (clamshell).