Your 7-day Pilates challenge

Our editorial example: week 1 of our 28-day plan. Tick a circle each day. Just a mat.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
3 moves Learn the breath About 5–8 min	All 5 moves + leg circles, side kick	Walk or stretch 20–30 min, easy pace	All 5 moves About 10 min	All 5 moves +1–2 reps if day 4 felt easy	Walk or stretch 20–30 min, easy pace	Rest Plan when and where for week 2
Pelvic tilt 10	Pelvic tilt 10		Pelvic tilt 10	Pelvic tilt 10		off
Pelvic curl 6	Pelvic curl 6	Active recovery: moderate movement that feels like a day off (UCLA Health)	Pelvic curl 6	Pelvic curl 6	Active recovery: moderate movement that feels like a day off (UCLA Health)	Day 8: go on to the 28-day plan or repeat this week
The Hundred 5 breaths	The Hundred 5 breaths		The Hundred 5 breaths	The Hundred 5 breaths		
	NEW Leg circles 5 each way		Leg circles 5 each way	Leg circles 5 each way		
	NEW Side kick / clam 5–10 / side		Side kick / clam 5–10 / side	Side kick / clam 5–10 / side		

Starter: Pilates days 1, 4, 5 · Stop if it hurts · Pregnant or osteoporosis? Ask first · Day 8 → 28-day plan

The Hundred lifts the head: with osteoporosis, keep the head down (BHOF).

Moves and reps: TODAY, BASI, Pilates Anytime, Healthline (clamshell). Easy days: UCLA Health, Cleveland Clinic. PilatesVerdict.com