

# Intermediate Yoga/Pilates Flexibility, Open to New Styles

## Monday: Core-Focused Pilates

*Warm-Up (5-10 minutes):*

- Gentle seated twists and cat-cow stretches
- Deep diaphragmatic breathing

*Workout (3 rounds):*

- Hundred - 30 seconds
- Leg Circles - 10 reps each leg
- Single Leg Stretch - 12 reps
- Double Leg Stretch - 10 reps
- Plank to Downward Dog - 8 reps

*Cool-Down (5 minutes):*

- Supine spinal twist
- Child's pose

## Tuesday: Flow Yoga (Vinyasa Style)

*Warm-Up (5 minutes):*

- Sun Salutation A - 3 rounds

*Workout (Flow sequence):*

- Warrior I -> Warrior II -> Reverse Warrior
- Chair Pose -> Forward Fold -> Plank
- Cobra -> Downward Dog -> Low Lunge (both sides)
- Repeat Flow 3x

*Cool-Down:*

- Pigeon Pose (each side)
- Seated forward fold

## Wednesday: Rest or Gentle Stretching

- 10-15 minutes of breath-focused stretching
- Optional: Try a new style like Yin Yoga or Somatic Movement

## **Thursday: Pilates for Flexibility and Control**

### *Warm-Up:*

- Shoulder rolls and spine articulation

### *Workout (3 sets):*

- Roll-Up - 10 reps
- Saw - 10 reps
- Swimming - 30 seconds
- Side Kicks - 12 each side
- Pelvic Curl - 12 reps

### *Cool-Down:*

- Hamstring stretches with band
- Figure four stretch

## **Friday: Yoga Balance and Stability**

### *Warm-Up:*

- Gentle hip openers and standing stretches

### *Workout (3 rounds):*

- Tree Pose - 30 sec each side
- Half Moon - 20 sec each side
- Eagle Pose - 20 sec each side
- Chair to Airplane Pose - 8 transitions

### *Cool-Down:*

- Happy Baby Pose
- Supine twist and Savasana

## **Saturday: Explore a New Style**

- Attend a different yoga or Pilates class (online or in-person)
- Suggested styles: Kundalini, Barre, Power Yoga, Tai Chi-Pilates fusion

## **Sunday: Rest and Reflection**

- Gentle stretching or restorative poses (15 minutes)
- Journal reflections on the week's movement experiences