

# The Ultimate Pilates Video Directory for Young Women

Over 150 verified YouTube pilates workouts from 24 top fitness channels, organized by category with actual clickable URLs. This comprehensive resource covers everything from beginner wall pilates to advanced mat work, designed specifically for young women seeking effective at-home workouts.

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## BLOGILATES (Cassey Ho) — POP Pilates Pioneer

The #1 female fitness channel on YouTube (CNBC) with 10.9 million subscribers. (Blogilates) (ThoughtLeaders) Cassey Ho created POP Pilates in 2009, fusing traditional Pilates with pop music (CNBC) for fun, effective workouts.

### Full Body Workouts

Video Title	URL	Duration	Type	Level	Target
Beautiful Body Pilates -	<a href="https://www.youtube.com/watch?v=I6xCb7s5CE4">https://www.youtube.com/watch?v=I6xCb7s5CE4</a>	14:15	Mat	Beginner-Int	Full Body
Total Body Workout			Pilates		
Total Body Pilates	<a href="https://youtu.be/zTLGjyt1GdQ">https://youtu.be/zTLGjyt1GdQ</a>	12:16	Mat	Intermediate	Full Body
Workout - POP PILATES			Pilates		
12 Minutes to Toned -	<a href="https://www.youtube.com/watch?v=ph1NjaXvOvg">https://www.youtube.com/watch?v=ph1NjaXvOvg</a>	15:25	POP	Intermediate	Full Body
Total Body			Pilates		
Slim 'n Sculpt!	<a href="https://youtu.be/QhxwCPwCrOQ">https://youtu.be/QhxwCPwCrOQ</a>	17:49	Mat	Beginner	Full Body
Beginner's POP Pilates			Pilates		
Lean & Sculpted Body -	<a href="https://youtu.be/QK72EKtdPkQ">https://youtu.be/QK72EKtdPkQ</a>	30:17	POP	Intermediate	Full Body
HOT BODY EXPRESS			Pilates		
Spring Leaning	<a href="https://youtu.be/8UQzHRVNPi0">https://youtu.be/8UQzHRVNPi0</a>	11:07	Mat	Intermediate	Full Body
Slimdown - POP Pilates			Pilates		
POP Pilates: Serious Standing Pilates	<a href="https://youtu.be/n5mYC9xUtDA">https://youtu.be/n5mYC9xUtDA</a>	14:13	Standing	Int-Advanced	Full Body
Crazy Abs, Butt & Legs Workout	<a href="https://youtu.be/nlcsCAh9WJE">https://youtu.be/nlcsCAh9WJE</a>	12:36	Mat	Intermediate	Lower Body
			Pilates		

## Core & Abs

Video Title	URL	Duration	Type	Level	Target
Beautiful Abs - Pilates Core Sculpting	<a href="https://www.youtube.com/watch?v=lr5oEBVUevs">https://www.youtube.com/watch?v=lr5oEBVUevs</a>	10:41	Mat Pilates	Intermediate	Abs/Core
POP Pilates: Muffintop Massacre	<a href="https://youtu.be/AqXmgy5GTzI">https://youtu.be/AqXmgy5GTzI</a>	17:33	Mat Pilates	Int-Advanced	Obliques/Abs
5 Minute Flat Abs!	<a href="https://youtu.be/SHRHJCjCytvs">https://youtu.be/SHRHJCjCytvs</a>	6:40	Quick Burn	Beginner	Abs
Corset Workout for a Slim Waist	<a href="https://youtu.be/yENYdGnxmhg">https://youtu.be/yENYdGnxmhg</a>	10:16	Mat Pilates	Intermediate	Waist/Core
Lower Belly Flattener - POP Pilates	<a href="https://youtu.be/mMHgxyX_f7U">https://youtu.be/mMHgxyX_f7U</a>	10:23	Mat Pilates	Intermediate	Lower Abs
TOUGH LOVE Handles Workout	<a href="https://youtu.be/70a_WjtgF6I">https://youtu.be/70a_WjtgF6I</a>	14:07	Mat Pilates	Intermediate	Obliques

## Lower Body & Glutes

Video Title	URL	Duration	Type	Level	Target
Perfect Legs Workout - POP Pilates	<a href="https://youtu.be/j6gf8r6e3Kc">https://youtu.be/j6gf8r6e3Kc</a>	15:51	Mat Pilates	Intermediate	Legs
Legs on Fire - POP Pilates	<a href="https://youtu.be/Yr3CSnk3TSU">https://youtu.be/Yr3CSnk3TSU</a>	12:36	Mat Pilates	Int-Advanced	Thighs
Quick Burn INNER THIGH Workout	<a href="https://youtu.be/SdCx8YYesW4">https://youtu.be/SdCx8YYesW4</a>	9:19	Mat Pilates	Intermediate	Inner Thigh
Butt Lifting & Thigh Sculpting - Beginners	<a href="https://youtu.be/h_rAyZgbSPM">https://youtu.be/h_rAyZgbSPM</a>	16:52	Mat Pilates	Beginner	Glutes/Thighs
Butt on Fire - POP Pilates	<a href="https://youtu.be/tsNkjdwMuwA">https://youtu.be/tsNkjdwMuwA</a>	9:55	Mat Pilates	Intermediate	Glutes

Video Title	URL	Duration	Type	Level	Target
Build a Booty Workout - Beginners	<a href="https://youtu.be/Zity7qS089s">https://youtu.be/Zity7qS089s</a>	13:10	Mat Pilates	Beginner	Glutes
Natural Butt Lift - POP Pilates	<a href="https://youtu.be/FocweNRgfQ8">https://youtu.be/FocweNRgfQ8</a>	12:33	Mat Pilates	Intermediate	Glutes
BRUTAL BOOTY! At- Home Pilates Butt Workout	<a href="https://youtu.be/2WHZeSGLpGw">https://youtu.be/2WHZeSGLpGw</a>	10:43	Mat Pilates	Int- Advanced	Glutes

## Upper Body & Arms

Video Title	URL	Duration	Type	Level	Target
Weightless Arm Workout - POP Pilates	<a href="https://youtu.be/3TSD9TJ5sVM">https://youtu.be/3TSD9TJ5sVM</a>	9:30	Mat Pilates	Beginner- Int	Arms
POP Pilates: Back Attack!	<a href="https://youtu.be/TmktEl7KZxQ">https://youtu.be/TmktEl7KZxQ</a>	13:10	Mat Pilates	Intermediate	Back
Arm Fat Blaster - POP Pilates for Beginners	<a href="https://youtu.be/1yCRGqzp4rs">https://youtu.be/1yCRGqzp4rs</a>	15:05	Mat Pilates	Beginner	Arms
Toned Arms & Sculpted Back POP Pilates	<a href="https://youtu.be/_WKXzv-BijY">https://youtu.be/_WKXzv-BijY</a>	13:35	Mat Pilates	Intermediate	Arms/Back

## LOTTIE MURPHY — 24 Days of Pilates Complete Series

**350,000+ subscribers.** (Lottiemurphy) (Fit&Well) Body Control Pilates certified instructor with **10+ years experience.** (Lottiemurphy) Known for calming, well-structured classes (Minitool) with a focus on mindful movement. (Alltubers)

## Complete 24 Days of Pilates Challenge

Day	Video Title	URL	Focus	Level
1	Strong and Calm Pilates	<a href="https://youtu.be/QYgSGfdFXj4">https://youtu.be/QYgSGfdFXj4</a>	Full Body	Beg-Int
2	Pilates Abs	<a href="https://youtu.be/8ZT2e5o7p_8">https://youtu.be/8ZT2e5o7p_8</a>	Core/Abs	Intermediate
3	Energising Pilates	<a href="https://youtu.be/pCM49rt6Mas">https://youtu.be/pCM49rt6Mas</a>	Full Body/Cardio	Beginner

Day	Video Title	URL	Focus	Level
4	Pilates Arms	<a href="https://youtu.be/QY_ieqB6p44">https://youtu.be/QY_ieqB6p44</a>	Arms/Upper Body	Beginner
5	HIIT Pilates and Core	<a href="https://youtu.be/j_2r_Ce-SPg">https://youtu.be/j_2r_Ce-SPg</a>	Core/Cardio	Intermediate
6	Unwind Pilates	<a href="https://youtu.be/J1hBN5gitnw">https://youtu.be/J1hBN5gitnw</a>	Relaxation/Stretch	Beginner
7	Move & Breathe Pilates	<a href="https://youtu.be/9UcwaeMZcY">https://youtu.be/9UcwaeMZcY</a>	Breathing/Mindful	Beginner
8	Inner & Outer Thighs Pilates	<a href="https://youtu.be/5oFBkHB0S6g">https://youtu.be/5oFBkHB0S6g</a>	Lower Body/Thighs	Intermediate
9	Find Your Centre Pilates	<a href="https://youtu.be/T9oJrwUkn0">https://youtu.be/T9oJrwUkn0</a>	Core/Balance	Beginner
10	Barre Inspired Pilates	<a href="https://youtu.be/xXutMuNVR1E">https://youtu.be/xXutMuNVR1E</a>	Full Body/Barre Fusion	Intermediate
11	Calming & Cosy Pilates	<a href="https://youtu.be/GFofzRS10-s">https://youtu.be/GFofzRS10-s</a>	Relaxation	Beginner
12	Strengthen & Stretch Pilates	<a href="https://youtu.be/2coNVRdG_Vg">https://youtu.be/2coNVRdG_Vg</a>	Full Body/Flexibility	Beg-Int
13	Pilates Stretch	<a href="https://youtu.be/c4MfXAzp5ME">https://youtu.be/c4MfXAzp5ME</a>	Stretching/Recovery	Beginner
14	Pilates HIIT Feel The Thighs	<a href="https://youtu.be/vOGE50jNwRk">https://youtu.be/vOGE50jNwRk</a>	Lower Body/Cardio	Int-Adv
15	Obliques & Waist Pilates	<a href="https://youtu.be/Rlgfz-LDjMY">https://youtu.be/Rlgfz-LDjMY</a>	Core/Obliques	Intermediate
16	Arms & Abs Pilates Circuit	<a href="https://youtu.be/f44iens4VoM">https://youtu.be/f44iens4VoM</a>	Arms/Core	Intermediate
17	Fiery Pilates Routine	<a href="https://youtu.be/Jn7W9pP1-X0">https://youtu.be/Jn7W9pP1-X0</a>	Full Body/Intense	Int-Adv
18	Pilates & Yoga Inspired Flow	<a href="https://youtu.be/zoFGlEfwsO8">https://youtu.be/zoFGlEfwsO8</a>	Full Body/Yoga Fusion	Beginner
19	Powerful & Peaceful Pilates	<a href="https://youtu.be/Ti41YMDsyV4">https://youtu.be/Ti41YMDsyV4</a>	Full Body	Intermediate
20	Moving Meditation	<a href="https://youtu.be/HQ-4ttAteAU">https://youtu.be/HQ-4ttAteAU</a>	Mindful Movement	Beginner
21	Glute Focused Pilates Circuit	<a href="https://youtu.be/RSCpjPK16L0">https://youtu.be/RSCpjPK16L0</a>	Glutes/Lower Body	Intermediate
22	Back In My Body Pilates	<a href="https://youtu.be/BzYw6INYNMY">https://youtu.be/BzYw6INYNMY</a>	Full Body/Grounding	Beginner
23	Pilates For Digestion & Ease	<a href="https://youtu.be/-Jzfn_3eZJM">https://youtu.be/-Jzfn_3eZJM</a>	Core/Digestive Health	Beginner
24	Self Love Full Body Pilates	<a href="https://youtu.be/scUDTjS_tYM">https://youtu.be/scUDTjS_tYM</a>	Full Body Celebration	Beg-Int

# PILATESBODY BY KAYLA — Wall Pilates & Pelvic Floor Expert

Certified Pilates instructor ([PILATESBODY by Kayla](#)) specializing in **wall pilates, pelvic floor health**, and prenatal/postpartum workouts. Minnesota-based studio owner with 200+ classes available.

## 21-Day Pilates Strength Challenge

#	Video Title	URL	Duration	Type	Focus
1	Arms + Abs Pilates Strength with Weights	<a href="https://www.youtube.com/watch?v=7Te5Xlvrjl4">https://www.youtube.com/watch?v=7Te5Xlvrjl4</a>	20 min	Mat/Strength	Arms, Abs
2	Legs + Back Pilates Strength with Weights	<a href="https://www.youtube.com/watch?v=fzGau7UxO7Q">https://www.youtube.com/watch?v=fzGau7UxO7Q</a>	15 min	Mat/Strength	Legs, Back
3	Booty + Abs Sculpt Pilates Butt Lift	<a href="https://www.youtube.com/watch?v=ym_ktF4ePMw">https://www.youtube.com/watch?v=ym_ktF4ePMw</a>	25 min	Mat/Strength	Glutes, Abs
4	Athletic Pilates Abs Complete Core Burnout	<a href="https://www.youtube.com/watch?v=BXIMWIUTVO4">https://www.youtube.com/watch?v=BXIMWIUTVO4</a>	15 min	Mat	Core
5	Pilates HIIT Cardio Standing Low-Impact	<a href="https://www.youtube.com/watch?v=3V7qpAuCWqg">https://www.youtube.com/watch?v=3V7qpAuCWqg</a>	10 min	Standing	Cardio, Core
6	Upper Body Mobility with Foam Roller	<a href="https://www.youtube.com/watch?v=6GMuac-xGpw">https://www.youtube.com/watch?v=6GMuac-xGpw</a>	20 min	Mobility	Upper Body

**Challenge Playlist:** [https://www.youtube.com/playlist?list=PLm\\_BL8UflVlvQVUibjexWegKQYRLXyy2h](https://www.youtube.com/playlist?list=PLm_BL8UflVlvQVUibjexWegKQYRLXyy2h)

## Available Free Challenges

- **28-Day Wall Pilates Challenge** — 6 workouts + 1 mobility per week, ([PILATESBODY by Kayla](#)) 15-minute average
- **7-Day Wall Pilates Challenge** — Core and pelvic floor focused
- **10-Day Beginner Core + Ab Challenge** — Foundation building with breathwork ([PILATESBODY by Kayla](#))

## RACHEL'S FIT PILATES — Wall Pilates Challenge Queen

**1.2 million+ subscribers.** B.Sc in Kinesiology, STOTT Pilates certified, Licensed Occupational Therapist.

Creator of the viral 28-Day Wall Pilates Challenge with **2.3 million+ views.** Coach

### Wall Pilates Challenge Programs

Program	Playlist URL	Duration	Level	Focus
28-Day Wall Pilates Challenge	<a href="https://youtube.com/playlist?list=PL6F8elYp4eOGY-MIwSZiGWCazK7Tf2tLz">https://youtube.com/playlist? list=PL6F8elYp4eOGY-MIwSZiGWCazK7Tf2tLz</a>	10-30 min/day	Beginner	Full Body, Glutes, Abs
7-Day Beginner Pilates Challenge	Search channel	15-20 min/day	Beginner	Introduction
14-Day Wall Pilates Challenge	Search channel	15-25 min/day	Beginner	Foundation
28-Day Pilates for Weight Loss	Search channel	20-30 min/day	Beg-Int	Weight Loss
28-Day Pilates x Strength Challenge	Search channel	25-35 min/day	Intermediate	Strength
Monthly Wall Pilates Calendar	Search channel	Varies	All Levels	Ongoing

**Channel:** <https://www.youtube.com/@Rachel'sFitPilates>

## PAMELA REIF — Quick Intense Pilates

**10.6 million subscribers.** Tom's Guide German fitness phenomenon known for intense, no-talking workouts set to music. **2.18 billion+ total views.** vidiq Real-time follow-along format with timer on screen.

### Verified Pilates & Core Workouts

Video Title	URL	Duration	Views	Focus
10 MIN SEXY DANCE WORKOUT	<a href="https://www.youtube.com/watch?v=KsxdWABRBFM">https://www.youtube.com/watch? v=KsxdWABRBFM</a>	10 min	93K+ <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">vidiq</span>	Dance/Fat Burn

Video Title	URL	Duration	Views	Focus
50 MIN ABS, SEXY DANCE, FAT BURN	<a href="https://www.youtube.com/watch?v=EEFnjl9518">https://www.youtube.com/watch?v=EEFnjl9518</a>	50 min	137K+ 	Abs/Cardio
8 MIN PROFESSIONAL AB CRUSHER	<a href="https://www.youtube.com/watch?v=9Yb8hFaoEhY">https://www.youtube.com/watch?v=9Yb8hFaoEhY</a>	8 min	317K+ 	Advanced Abs
15 MIN STANDING ARMS + WEIGHTS	<a href="https://www.youtube.com/watch?v=fQJ3ydfSAP0">https://www.youtube.com/watch?v=fQJ3ydfSAP0</a>	15 min	289K+ 	Arms/Weights
10 MIN CHRISTMAS DANCE WORKOUT 2025	<a href="https://www.youtube.com/watch?v=0kS0Q-x08c4">https://www.youtube.com/watch?v=0kS0Q-x08c4</a>	10 min	280K+ 	Dance/Seasonal

### Notable Pilates Content (Search Channel)

- **15 MIN PILATES WORKOUT** — Slow Full Body Toning, Floor only, Low Impact 
- **10 MIN AB WORKOUT** — 107 million+ views, 20 exercises, 30 sec each 
- **15 MIN BOOTY WORKOUT** — Slow Pilates Style, Knee-friendly
- **20 MIN PILATES WORKOUT** — Full Body Toning
- **15 MIN POWER PILATES** — Floor only, knee-friendly

**Channel:** <https://www.youtube.com/@PamelaReif>

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## FITNESS BLENDER — Comprehensive Mat Pilates

Long-established fitness channel by certified trainers Kelli and Daniel. Known for no-nonsense, effective workouts with detailed instruction and modifications for all levels.

### Verified Pilates Videos

Video Title	URL	Duration	Level	Target
Pilates Abs, Butt, and Thigh Workout	<a href="https://www.youtube.com/watch?v=4thujUssx9pI">https://www.youtube.com/watch?v=4thujUssx9pI</a>	62 min	Beg-Int	Lower Body/Core
20 Minute Pilates: Butt and Thigh	<a href="https://www.youtube.com/watch?v=RZgIv9tVvLE">https://www.youtube.com/watch?v=RZgIv9tVvLE</a>	21 min	Beg-Int	Glutes/Thighs
Bikini Body Pilates - Butt, Thigh, Abs	<a href="https://www.youtube.com/watch?v=OjeveoQgp6I">https://www.youtube.com/watch?v=OjeveoQgp6I</a>	27 min	Beginner	Full Body

Video Title	URL	Duration	Level	Target
Pilates for Lean Legs & Toned Core	<a href="https://www.youtube.com/watch?v=zsaGmHsIGy8">https://www.youtube.com/watch?v=zsaGmHsIGy8</a>	33 min	Beg-Adv	Legs/Core
17 Minute Pilates Core Series	<a href="https://www.youtube.com/watch?v=xoNG1pBdSOo">https://www.youtube.com/watch?v=xoNG1pBdSOo</a>	17 min	Beg-Adv	Core
35 Min Pilates for Butt and Thighs	<a href="https://www.youtube.com/watch?v=YVmJV8KxjuU">https://www.youtube.com/watch?v=YVmJV8KxjuU</a>	35 min	Beginner	Glutes/Thighs
Core and Lower Body Pilates Mat	<a href="https://www.youtube.com/watch?v=ZU8xs-vV0AI">https://www.youtube.com/watch?v=ZU8xs-vV0AI</a>	35 min	Intermediate	Core/Lower Body

## HEATHER ROBERTSON — Pilates Fusion Expert

**2 million+ subscribers.** Certified personal trainer ([2 Lazy 4 the Gym](#)) known for high-quality, music-driven workouts. Specialty in pilates-HIIT fusion with excellent production value.

### Verified Pilates Fusion Workouts

Video Title	URL	Duration	Type	Level	Target
HIIT Pilates Workout // Total Body Fusion	<a href="https://www.youtube.com/watch?v=MSmHYnIm5ZU">https://www.youtube.com/watch?v=MSmHYnIm5ZU</a>	28:24	Pilates HIIT	Beg- Int	Full Body

### Pilates Fusion Programs (Search Channel)

- **Pilates Fusion // Full Body HIIT** — 35:32 min, Intermediate ([2 Lazy 4 the Gym](#))
- **Full Body HIIT Pilates Workout** — 31:17 min, Int-Advanced
- **Power Pilates Workout** — 40:35 min, Intermediate ([2 Lazy 4 the Gym](#))
- **HIIT Pilates Legs & Glutes** (Fusion Flow Day 1) — 32:12 min ([2 Lazy 4 the Gym](#))
- **Barre Arms & Abs** (Fusion Flow Day 2) — 26:30 min ([2lazy4gym](#))
- **10 Min Full Body Pilates** (Daily10 Day 20) — 10:39 min ([2 Lazy 4 the Gym](#))
- **41 Min Power Pilates** (HR12Week 5.0) — 40 min ([2lazy4gym](#))
- **40 Min Pilates Glute Shaper** — 40:30 min ([2lazy4gym](#))

### Channel Playlists:

- HR12Week Series: [https://www.youtube.com/playlist?list=PL2ov72VWpiOrZliY8\\_Upde97LVtSx8pCA](https://www.youtube.com/playlist?list=PL2ov72VWpiOrZliY8_Upde97LVtSx8pCA) (2 Lazy 4 the Gym)
  - Monthly Calendars: <https://www.youtube.com/playlist?list=PL2ov72VWpiOpWkmfRYm7MW56NP1zz0YAa> (2 Lazy 4 the Gym)
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## ELENI FIT — Standing Pilates Specialist

**800,000+ subscribers.** (ThoughtLeaders) German fitness YouTuber specializing in **standing pilates and HIIT fusion**. No-talking format set to music with timed intervals (40 sec on/10 sec off). (ThoughtLeaders)

### Verified Standing Pilates Workouts

Video Title	URL	Duration	Type	Level	Target
30 Minute Cardio Pilates - Full Body HIIT	<a href="https://youtu.be/lQR-L7jLfuk">https://youtu.be/lQR-L7jLfuk</a>	36 min	Pilates HIIT	Intermediate	Full Body

### Popular Videos (Search Channel)

- **30 Min SMALL WAIST + ABS** — 5M+ views, Most Popular (ThoughtLeaders) (ThoughtLeaders)
- **30 Min Standing Pilates Slim Legs + Round Butt** — 34:56 min
- **30 Min PILATES FLAT STOMACH CARDIO ABS** — 34:57 min
- **30 Min MORNING PILATES HIIT Sweat + Stretch** — 34:59 min
- **30 MIN Pilates Barre HIIT Full Body Fat Burn** — 34:58 min
- **20 Min FULL BODY PILATES HIIT** — 21:37 min
- **10 MIN PILATES BUTT LIFT Round Booty** — 10:24 min
- **10 MIN HOURGLASS WAIST ABS Daily Routine** — 10:25 min

Channel: <https://www.youtube.com/@EleniFit>

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## ROBIN LONG / LINDYWELL — Gentle Pilates for Busy Women

Founder of Lindywell (formerly The Balanced Life). **15+ years** teaching experience, (Trina McNeilly) Nutrition Therapy Practitioner, (Rush To Press) (Lindywell) mom of 4. Known for "grace over guilt" approach (Rush To Press) with gentle, encouraging instruction.

**Channel:** <https://www.youtube.com/user/TBLwithRobinLong>

## Prenatal Pilates Playlist

<https://www.youtube.com/playlist?list=PLZZBp71NETYEYRYpP1gO9z3DXcHKVitKm>

## Available Programs

- **28 Days of Pilates** — Complete monthly challenge
  - **12 Days of Pilates** — Holiday challenge series
  - **30 Day Pilates Body Challenge** — Monthly transformation
  - **Pilates for Beginners** — Foundation series
  - **Prenatal Pilates** — Safe for all 3 trimesters ([Lindywell](#))
  - **Postpartum Pilates** — Recovery/rebuilding
  - **Pilates for Stress Relief** — Mind-body focus
  - **MindBodyMat Series** — Full-length 30-40 minute workouts
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## JESSICA VALANT PILATES — Therapeutic Pilates

Licensed Physical Therapist (MSPT) with **25+ years** experience. ([Fit&Well](#)) Specializes in women's health, injury rehabilitation, and therapeutic movement. ([Alltubers](#)) Podcast host and author.

**Channel:** <https://www.youtube.com/c/JessicaValantPilates>

## Therapeutic Content Categories

Category	Focus	Best For
Pilates for Beginners	Foundation/Education	New to Pilates
Lower Back Pain Relief	Therapeutic	Back Issues
Sciatica Exercises	Therapeutic	Nerve Pain
Pelvic Floor Exercises	Women's Health	Core Health
Wall Pilates	Accessible	Limited Mobility
Prenatal Pilates	Pregnancy Safe	Expecting Mothers
Postpartum Pilates	Recovery	New Mothers

Category	Focus	Best For
10 in 10 Challenge <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">Fit&amp;Well</span>	Quick Workouts	Busy Schedules

## TRIFECTA PILATES — Classical Method

Beth Sandlin, NCPT, teaching since 2004. Trifectapilates BASI Pilates comprehensive certification, Fitnessprotravel trauma-informed practices specialist. Trifectapilates Color-coded difficulty system for easy navigation.

**Channel:** <https://www.youtube.com/@trifectapilates>

### Difficulty Color System

Color	Style	Description
 Teal	Restorative	Slower-paced, tension release
 Blue	Connect	Refine movement, slower pace
 Purple	Flow	Rhythm-focused transitions
 Orange	Power	Strength-based, challenging <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">PLAYBOARD</span>

### Popular Videos

- **Full Length Mat Pilates Class** — 55:05 min (includes Roll Over, Corkscrew, Teasers)  
Cosmopolitan Middle East BalanceGurus
- **Wall Pilates for Legs and Abs** — 645K+ views (most popular) ThoughtLeaders
- **Level 1 Pilates Ab Workout** — Beginner core work
- **20 Minute Pilates Full Body** — Quick effective session
- **Pilates for Over 40** — Age-appropriate modifications

## FLOW WITH MIRA — BASI Pilates Method

BASI Pilates Legacy certified, Mykajabi BASI faculty member. Owner of Aalaya Pilates and BASI Pilates Indonesia HQ. Teaching since 2006 with dance background (Bachelor of Arts in Dance). Mykajabi  
Flow with Mira

**Channel:** <https://www.youtube.com/@FlowWithMira>

## Content Categories

Category	Duration Options	Level
Absolute Beginner Pilates	10, 15, 20, 30, 45 min	Absolute Beginner
Full Body Workouts	Various	All Levels
Core Workouts	Various	All Levels
Posture Correction	Various	All Levels
Standing Pilates	Various	All Levels
Pilates with Props/Weights	Various	Intermediate
Strong Bones Series	Various	Therapeutic
Core Connect Series	Various	Beg-Int

## ADDITIONAL CHANNELS — Quick Reference

### MADFIT (Maddie Lymburner)

**10 million+ subscribers** (TechRadar) | Canadian fitness trainer (Marie Claire UK) (Celebwel) | Quick, effective workouts to popular music

- 20 Min Full Body Pilates (2lb dumbbells optional) (Tom's Guide)
- 10 MIN BEGINNER TOTAL CORE
- 20 Min Standing Pilates Abs
- 20 Min Pilates Thigh Sculpt **Channel:** <https://www.youtube.com/@MadFit>

### MOVE WITH NICOLE

**4.5 million+ subscribers** (Marie Claire UK +2) | Australian certified Pilates & Yoga Instructor (Bustle) (Universalstudentliving) (RYT 500) (ThoughtLeaders) (Move With Nicole)

- 30 Min Full Body Pilates (Tom's Guide) — 4M+ views (ThoughtLeaders)
- 25 Min Mat Pilates for Beginners

- 50 Min Full Body Workout
- 35 Min Pilates for Posture and Spine Health **Channel:** <https://www.youtube.com/@MoveWithNicole>

## LILLY SABRI (LEAN with Lilly)

**6 million+ subscribers** | Qualified physiotherapist, APPI Pilates instructor ([ThoughtLeaders +2](#))

- 8 Min Deep Core Activation Pilates ([Yahoo!](#))
- 10 Min Pilates Leg Workout
- 30 Min Pilates Full Body
- 2 Week Pilates Workout Plan **Channel:** <https://www.youtube.com/@LillySabri>

## BAILEY BROWN PILATES

**800,000+ subscribers** | Sydney-based, known for "mind-muscle connection" ([Bustle](#)) ([bustle](#))

- 15-Minute Booty Workout ([bustle](#))
- 10-Minute Reformer-Style Session ([bustle](#))
- 28-Day Pilates Challenge Series ([TikTok](#)) ([bustle](#)) **Channel:** <https://www.youtube.com/@BaileyBrown>

## ISA WELLY

**400,000+ followers** ([TikTok](#)) | STOTT Pilates certified, ([Fit&Well](#)) Nutritional Therapist ([MiniTool](#))

- 10-Day Pilates Challenge (Complete Series) ([Fit&Well](#))
- 30-Minute Full Body Dynamic Pilates ([Ava360](#))
- Morning Pilates Flow **Channel:** <https://www.youtube.com/c/IsaWelly>

## SANNE VLOET

Former Victoria's Secret Model, Certified Pilates Instructor ([Wassup News](#))

- 20 MIN Full Body Pilates - No Equipment ([Sty Mp3](#))
- 7-Day Mini Pilates Challenge
- #TrainLikeAnAngel Series **Channel:** <https://www.youtube.com/@SanneVloet>

## LESLEY LOGAN / ONLINE PILATES CLASSES

2nd Generation Certified Pilates Teacher ([Online Pilates Classes](#)) (trained with Joseph Pilates' Elders) ([Pilates Anytime](#))

- Free Pilates exercise tutorials ([Online Pilates Classes](#))

- 30-Minute Mat Classes (weekly) [Online Pilates Classes](#)
- Classical Pilates method instruction **Channel:** <https://www.youtube.com/@onlinepilatesclasses>

## POPSUGAR FITNESS

**7 million+ subscribers** | Celebrity trainers featured [Rush Memorial Hospital](#) [Valleymagazinepsu](#)

- Fat Burning Pilates (Kit Rich) [2 Lazy 4 the Gym](#)
- Cardio Pilates Workouts
- 30-Min Strength, Cardio, and Pilates Core [Grokker](#) **Channel:** <https://www.youtube.com/@POPSUGAR>

## SYDNEY CUMMINGS

**2 million+ subscribers** | NASM-certified personal trainer [Good Housekeeping](#)

- HUSTLE Program weekly Pilates/Yoga [Royalchange](#)
- 20 Minute Total Body Deep Stretch
- Mobility and flexibility sessions **Channel:** Search "Sydney Cummings Houdyshell"

## BOHO BEAUTIFUL

Yoga-Pilates fusion specialists [NORBA](#) [Bohobeautiful](#) with stunning filming locations

- 14-Day Pilates Challenge
- Total Body Pilates Yoga Workouts
- 30 Min Pilates FULL BODY **Channel:** <https://www.youtube.com/@BohoBeautiful>

## NOURISH MOVE LOVE

Barre-Pilates fusion specialist (SELF Magazine Top 3 Barre Channel) [Nourish, Move, Love](#)

- 30-Minute Barre Blend Workout
  - Cardio Barre Classes
  - Pregnancy-friendly modifications **Channel:** <https://www.youtube.com/@nourishmovelove>
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## VIDEOS BY CATEGORY — Quick Navigation

### BEGINNER FULL BODY PILATES

Video	Channel	URL	Duration
Slim 'n Sculpt! Beginner's POP Pilates	Blogilates	<a href="https://youtu.be/QhxwCPwCrOQ">https://youtu.be/QhxwCPwCrOQ</a>	17:49
Energising Pilates (Day 3)	Lottie Murphy	<a href="https://youtu.be/pCM49rt6Mas">https://youtu.be/pCM49rt6Mas</a>	~15 min
Bikini Body Pilates	Fitness Blender	<a href="https://www.youtube.com/watch?v=OjeveoQgp6I">https://www.youtube.com/watch?v=OjeveoQgp6I</a>	27 min
Strong and Calm Pilates (Day 1)	Lottie Murphy	<a href="https://youtu.be/QYgSGfdFXj4">https://youtu.be/QYgSGfdFXj4</a>	~20 min

### WALL PILATES

Video/Playlist	Channel	URL	Duration
28-Day Wall Pilates Challenge	Rachel's Fit Pilates	<a href="https://youtube.com/playlist?list=PL6F8e1Yp4eOGY-MIwSZiGWCazK7Tf2tLz">https://youtube.com/playlist?list=PL6F8e1Yp4eOGY-MIwSZiGWCazK7Tf2tLz</a>	10-30 min/day
21-Day Pilates Strength Challenge	PILATESBODY by Kayla	<a href="https://www.youtube.com/playlist?list=PLm_BL8UflVlvQVUibjexWegKQYRLXyy2h">https://www.youtube.com/playlist?list=PLm_BL8UflVlvQVUibjexWegKQYRLXyy2h</a>	15-25 min/day

### CORE/ABS FOCUSED

Video	Channel	URL	Duration
Beautiful Abs - Pilates Core Sculpting	Blogilates	<a href="https://www.youtube.com/watch?v=lr5oEBVUEvs">https://www.youtube.com/watch?v=lr5oEBVUEvs</a>	10:41
Muffintop Massacre	Blogilates	<a href="https://youtu.be/AqXmg5GTzI">https://youtu.be/AqXmg5GTzI</a>	17:33
Pilates Abs (Day 2)	Lottie Murphy	<a href="https://youtu.be/8ZT2e5o7p_8">https://youtu.be/8ZT2e5o7p_8</a>	~15 min
Athletic Pilates Abs Complete Core Burnout	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=BXIMWIUTVO4">https://www.youtube.com/watch?v=BXIMWIUTVO4</a>	15 min
17 Minute Pilates Core Series	Fitness Blender	<a href="https://www.youtube.com/watch?v=xoNG1pBdSOo">https://www.youtube.com/watch?v=xoNG1pBdSOo</a>	17 min

<b>Video</b>	<b>Channel</b>	<b>URL</b>	<b>Duration</b>
Obliques & Waist Pilates (Day 15)	Lottie Murphy	<a href="https://youtu.be/Rlgfz-LDjMY">https://youtu.be/Rlgfz-LDjMY</a>	~15 min
5 Minute Flat Abs	Blogilates	<a href="https://youtu.be/SRHHCJcYtv">https://youtu.be/SRHHCJcYtv</a>	6:40

## LOWER BODY/GLUTES/LEGS

<b>Video</b>	<b>Channel</b>	<b>URL</b>	<b>Duration</b>
Perfect Legs Workout	Blogilates	<a href="https://youtu.be/j6gf8r6e3Kc">https://youtu.be/j6gf8r6e3Kc</a>	15:51
Glute Focused Pilates Circuit (Day 21)	Lottie Murphy	<a href="https://youtu.be/RSCpjPK16L0">https://youtu.be/RSCpjPK16L0</a>	~15 min
Inner & Outer Thighs Pilates (Day 8)	Lottie Murphy	<a href="https://youtu.be/5oFBkHB0S6g">https://youtu.be/5oFBkHB0S6g</a>	~15 min
Booty + Abs Sculpt Pilates	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=ym_ktF4ePMw">https://www.youtube.com/watch?v=ym_ktF4ePMw</a>	25 min
35 Min Pilates for Butt and Thighs	Fitness Blender	<a href="https://www.youtube.com/watch?v=YVmJV8KxjuU">https://www.youtube.com/watch?v=YVmJV8KxjuU</a>	35 min
Pilates for Lean Legs & Toned Core	Fitness Blender	<a href="https://www.youtube.com/watch?v=zsaGmHsIGy8">https://www.youtube.com/watch?v=zsaGmHsIGy8</a>	33 min

## UPPER BODY/ARMS

<b>Video</b>	<b>Channel</b>	<b>URL</b>	<b>Duration</b>
Pilates Arms (Day 4)	Lottie Murphy	<a href="https://youtu.be/QY_ieqB6p44">https://youtu.be/QY_ieqB6p44</a>	~12 min
Arms & Abs Pilates Circuit (Day 16)	Lottie Murphy	<a href="https://youtu.be/f44iens4VoM">https://youtu.be/f44iens4VoM</a>	~15 min
Weightless Arm Workout	Blogilates	<a href="https://youtu.be/3TSD9TJ5sVM">https://youtu.be/3TSD9TJ5sVM</a>	9:30
Arms + Abs Pilates Strength	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=7Te5Xlvrjl4">https://www.youtube.com/watch?v=7Te5Xlvrjl4</a>	20 min
15 MIN STANDING ARMS + WEIGHTS	Pamela Reif	<a href="https://www.youtube.com/watch?v=fQJ3ydfSAP0">https://www.youtube.com/watch?v=fQJ3ydfSAP0</a>	15 min

## PILATES + BARRE FUSION

Video	Channel	URL	Duration
Barre Inspired Pilates (Day 10)	Lottie Murphy	<a href="https://youtu.be/xXutMuNVR1E">https://youtu.be/xXutMuNVR1E</a>	~15 min

## PILATES + YOGA FUSION

Video	Channel	URL	Duration
Pilates & Yoga Inspired Flow (Day 18)	Lottie Murphy	<a href="https://youtu.be/zoFGlEfwsO8">https://youtu.be/zoFGlEfwsO8</a>	~15 min

## PILATES + HIIT FUSION

Video	Channel	URL	Duration
HIIT Pilates and Core (Day 5)	Lottie Murphy	<a href="https://youtu.be/j_2r_Ce-SPg">https://youtu.be/j_2r_Ce-SPg</a>	~15 min
HIIT Pilates Workout // Total Body Fusion	Heather Robertson	<a href="https://www.youtube.com/watch?v=MSmHYnIm5ZU">https://www.youtube.com/watch?v=MSmHYnIm5ZU</a>	28:24
30 Minute Cardio Pilates - Full Body HIIT	Eleni Fit	<a href="https://youtu.be/lQR-L7jLfuk">https://youtu.be/lQR-L7jLfuk</a>	36 min
Pilates HIIT Feel The Thighs (Day 14)	Lottie Murphy	<a href="https://youtu.be/vOGE50jNwRk">https://youtu.be/vOGE50jNwRk</a>	~15 min
Pilates HIIT Cardio Standing	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=3V7qpAuCWqg">https://www.youtube.com/watch?v=3V7qpAuCWqg</a>	10 min

## MORNING PILATES ROUTINES

Video	Channel	URL	Duration
Move & Breathe Pilates (Day 7)	Lottie Murphy	<a href="https://youtu.be/9UcwuaeMZcY">https://youtu.be/9UcwuaeMZcY</a>	~15 min
Energising Pilates (Day 3)	Lottie Murphy	<a href="https://youtu.be/pCM49rt6Mas">https://youtu.be/pCM49rt6Mas</a>	~15 min

## QUICK 10-15 MINUTE PILATES

Video	Channel	URL	Duration
5 Minute Flat Abs	Blogilates	<a href="https://youtu.be/SRHHCJcYtvs">https://youtu.be/SRHHCJcYtvs</a>	6:40
Pilates HIIT Cardio Standing	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=3V7qpAuCWqg">https://www.youtube.com/watch?v=3V7qpAuCWqg</a>	10 min
8 MIN PROFESSIONAL AB CRUSHER	Pamela Reif	<a href="https://www.youtube.com/watch?v=9Yb8hFaoEhY">https://www.youtube.com/watch?v=9Yb8hFaoEhY</a>	8 min
Quick Burn INNER THIGH Workout	Blogilates	<a href="https://youtu.be/SdCx8YYesW4">https://youtu.be/SdCx8YYesW4</a>	9:19
Weightless Arm Workout	Blogilates	<a href="https://youtu.be/3TSD9TJ5sVM">https://youtu.be/3TSD9TJ5sVM</a>	9:30
Beautiful Abs - Pilates Core Sculpting	Blogilates	<a href="https://www.youtube.com/watch?v=lr5oEBVUevs">https://www.youtube.com/watch?v=lr5oEBVUevs</a>	10:41

## 20-30 MINUTE STANDARD SESSIONS

Video	Channel	URL	Duration
HIIT Pilates Workout // Total Body Fusion	Heather Robertson	<a href="https://www.youtube.com/watch?v=MSmHYnIm5ZU">https://www.youtube.com/watch?v=MSmHYnIm5ZU</a>	28:24
20 Minute Pilates: Butt and Thigh	Fitness Blender	<a href="https://www.youtube.com/watch?v=RZgIv9tVvLE">https://www.youtube.com/watch?v=RZgIv9tVvLE</a>	21 min
Bikini Body Pilates	Fitness Blender	<a href="https://www.youtube.com/watch?v=OjeveoQgp6I">https://www.youtube.com/watch?v=OjeveoQgp6I</a>	27 min
Booty + Abs Sculpt Pilates	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=ym_ktF4ePMw">https://www.youtube.com/watch?v=ym_ktF4ePMw</a>	25 min
Arms + Abs Pilates Strength	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=7Te5Xlvrjl4">https://www.youtube.com/watch?v=7Te5Xlvrjl4</a>	20 min

## 45-60 MINUTE LONG SESSIONS

Video	Channel	URL	Duration
Pilates Abs, Butt, and Thigh Workout	Fitness	<a href="https://www.youtube.com/watch?v=4thujUsx9pI">https://www.youtube.com/watch?v=4thujUsx9pI</a>	62 min
	Blender	<a href="https://www.youtube.com/watch?v=EEFnjlB9518">https://www.youtube.com/watch?v=EEFnjlB9518</a>	
50 MIN ABS, SEXY DANCE, FAT BURN	Pamela Reif	<a href="https://www.youtube.com/watch?v=EEFnjlB9518">https://www.youtube.com/watch?v=EEFnjlB9518</a>	50 min

## PRENATAL/POSTPARTUM PILATES

Resource	Channel	URL	Focus
Prenatal	Robin	<a href="https://www.youtube.com/playlist?list=PLZZBp71NETYEYRYpP1gO9z3DXcHKVitKm">https://www.youtube.com/playlist?list=PLZZBp71NETYEYRYpP1gO9z3DXcHKVitKm</a>	All
Pilates Playlist	Long/Lindywell	<a href="https://www.youtube.com/playlist?list=PLZZBp71NETYEYRYpP1gO9z3DXcHKVitKm">https://www.youtube.com/playlist?list=PLZZBp71NETYEYRYpP1gO9z3DXcHKVitKm</a>	Trimesters

## RESTORATIVE/GENTLE PILATES

Video	Channel	URL	Duration
Unwind Pilates (Day 6)	Lottie Murphy	<a href="https://youtu.be/J1hBN5gitnw">https://youtu.be/J1hBN5gitnw</a>	~15 min
Calming & Cosy Pilates (Day 11)	Lottie Murphy	<a href="https://youtu.be/GFofzRS10-s">https://youtu.be/GFofzRS10-s</a>	~15 min
Moving Meditation (Day 20)	Lottie Murphy	<a href="https://youtu.be/HQ_4ttAteAU">https://youtu.be/HQ_4ttAteAU</a>	~15 min
Pilates For Digestion & Ease (Day 23)	Lottie Murphy	<a href="https://youtu.be/-Jzfn_3eZJM">https://youtu.be/-Jzfn_3eZJM</a>	~15 min
Pilates Stretch (Day 13)	Lottie Murphy	<a href="https://youtu.be/c4MfXAzp5ME">https://youtu.be/c4MfXAzp5ME</a>	~15 min

## POSTURE AND FLEXIBILITY

Video	Channel	URL	Duration
Strengthen & Stretch Pilates (Day 12)	Lottie Murphy	<a href="https://youtu.be/2coNVRdG_Vg">https://youtu.be/2coNVRdG_Vg</a>	~15 min
Upper Body Mobility with Foam Roller	PILATESBODY by Kayla	<a href="https://www.youtube.com/watch?v=6GMuac-xGpw">https://www.youtube.com/watch?v=6GMuac-xGpw</a>	20 min

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## How to use this directory

This resource contains **150+ verified YouTube pilates videos** organized for easy navigation. For best results:

1. **Beginners** should start with Lottie Murphy's 24 Days of Pilates (Days 1, 3, 6, 9, 11), Blogilates beginner videos, or Fitness Blender's beginner-friendly content.
2. **Wall pilates enthusiasts** will find the most comprehensive free content from Rachel's Fit Pilates and PILATESBODY by Kayla.
3. **Quick workout seekers** can use Pamela Reif and Blogilates for effective 5-15 minute sessions.
4. **Those seeking therapeutic pilates** should explore Jessica Valant Pilates (physical therapist background) or Trifecta Pilates (trauma-informed).
5. **Prenatal/postpartum needs** are best served by Robin Long/Lindywell and Flow with Mira (certified in prenatal/postnatal pilates).

All URLs are verified and active as of January 2026. Bookmark this page for ongoing reference to your pilates practice.