

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.

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

Core & Abs

Video Title	URL	Duration	Type	Level	Target
Beautiful Abs - Pilates Core Sculpting	https://www.youtube.com/watch?v=lr5oEBVUevs	10:41	Mat Pilates	Intermediate	Abs/Core
POP Pilates: Muffintop Massacre	https://youtu.be/AqXmgY5GTzI	17:33	Mat Pilates	Int-Advanced	Obliques/Abs
5 Minute Flat Abs!	https://youtu.be/SHRHJCjYtvs	6:40	Quick Burn	Beginner	Abs
Corset Workout for a Slim Waist	https://youtu.be/yENYdGnxmhg	10:16	Mat Pilates	Intermediate	Waist/Core
Lower Belly Flatteners - POP Pilates	https://youtu.be/mMHgxyX_f7U	10:23	Mat Pilates	Intermediate	Lower Abs
TOUGH LOVE Handles Workout	https://youtu.be/70a_WjtGf6I	14:07	Mat Pilates	Intermediate	Obliques

Lower Body & Glutes

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

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

Upper Body & Arms

Video Title	URL	Duration	Type	Level	Target
Weightless Arm Workout - POP Pilates	https://youtu.be/3TSD9TJ5sVM	9:30	Mat Pilates	Beginner-Int	Arms
POP Pilates: Back Attack!	https://youtu.be/TmktEl7KZxQ	13:10	Mat Pilates	Intermediate	Back
Arm Fat Blaster - POP Pilates for Beginners	https://youtu.be/1yCRGqzp4rs	15:05	Mat Pilates	Beginner	Arms
Toned Arms & Sculpted Back POP Pilates	https://youtu.be/_WKXzv-BijY	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	https://youtu.be/QYgSGfdFXj4	Full Body	Beg-Int
2	Pilates Abs	https://youtu.be/8ZT2e5o7p_8	Core/Abs	Intermediate
3	Energising Pilates	https://youtu.be/pCM49rt6Mas	Full Body/Cardio	Beginner

Day	Video Title	URL	Focus	Level
4	Pilates Arms	https://youtu.be/QY_ieqB6p44	Arms/Upper Body	Beginner
5	HIIT Pilates and Core	https://youtu.be/j_2r_Ce-SPg	Core/Cardio	Intermediate
6	Unwind Pilates	https://youtu.be/J1hBN5gitnw	Relaxation/Stretch	Beginner
7	Move & Breathe Pilates	https://youtu.be/9UcwuaeMZcY	Breathing/Mindful	Beginner
8	Inner & Outer Thighs Pilates	https://youtu.be/5oFBkHB0S6g	Lower Body/Thighs	Intermediate
9	Find Your Centre Pilates	https://youtu.be/T9oJrzWUkn0	Core/Balance	Beginner
10	Barre Inspired Pilates	https://youtu.be/xXutMuNVR1E	Full Body/Barre Fusion	Intermediate
11	Calming & Cosy Pilates	https://youtu.be/GFofzRS10-s	Relaxation	Beginner
12	Strengthen & Stretch Pilates	https://youtu.be/2coNVRdG_Vg	Full Body/Flexibility	Beg-Int
13	Pilates Stretch	https://youtu.be/c4MfXAzp5ME	Stretching/Recovery	Beginner
14	Pilates HIIT Feel The Thighs	https://youtu.be/vOGE50jNwRk	Lower Body/Cardio	Int-Adv
15	Obliques & Waist Pilates	https://youtu.be/Rlgefz-LDjMY	Core/Obliques	Intermediate
16	Arms & Abs Pilates Circuit	https://youtu.be/f44iens4VoM	Arms/Core	Intermediate
17	Fiery Pilates Routine	https://youtu.be/Jn7W9pP1-X0	Full Body/Intense	Int-Adv
18	Pilates & Yoga Inspired Flow	https://youtu.be/zoFGIEfwsO8	Full Body/Yoga Fusion	Beginner
19	Powerful & Peaceful Pilates	https://youtu.be/Ti41YMDsyV4	Full Body	Intermediate
20	Moving Meditation	https://youtu.be/HQ-4ttAteAU	Mindful Movement	Beginner
21	Glute Focused Pilates Circuit	https://youtu.be/RSCpjPK16L0	Glutes/Lower Body	Intermediate
22	Back In My Body Pilates	https://youtu.be/BzYw6INYNMY	Full Body/Grounding	Beginner
23	Pilates For Digestion & Ease	https://youtu.be/-Jzfn_3eZJM	Core/Digestive Health	Beginner
24	Self Love Full Body Pilates	https://youtu.be/scUDTjS_tYM	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	https://www.youtube.com/watch?v=7Te5XlvrjI4	20 min pilatesbodybykayla	Mat/Strength	Arms, Abs
2	Legs + Back Pilates Strength with Weights	https://www.youtube.com/watch?v=fzGau7UxO7Q	15 min pilatesbodybykayla	Mat/Strength	Legs, Back
3	Booty + Abs Sculpt Pilates Butt Lift	https://www.youtube.com/watch?v=ym_ktF4ePMw	25 min pilatesbodybykayla	Mat/Strength	Glutes, Abs
4	Athletic Pilates Abs Complete Core Burnout	https://www.youtube.com/watch?v=BXIMWIUTVO4	15 min pilatesbodybykayla	Mat	Core
5	Pilates HIIT Cardio Standing Low-Impact	https://www.youtube.com/watch?v=3V7qpAuCWqg	10 min pilatesbodybykayla	Standing	Cardio, Core
6	Upper Body Mobility with Foam Roller	https://www.youtube.com/watch?v=6GMuac-xGpw	20 min pilatesbodybykayla	Mobility	Upper Body

Challenge Playlist: 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	https://youtube.com/playlist?list=PL6F8eIYp4eOGY-MIwSZiGWCazK7Tf2tLz	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/@RachelsFitPilates>

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	https://www.youtube.com/watch?v=KsxdWABRBFM	10 min	93K+ vidiq	Dance/Fat Burn

Video Title	URL	Duration	Views	Focus
50 MIN ABS, SEXY DANCE, FAT BURN	https://www.youtube.com/watch?v=EEFnjlb9518	50 min	137K+ vidiq	Abs/Cardio
8 MIN PROFESSIONAL AB CRUSHER	https://www.youtube.com/watch?v=9Yb8hFaoEhY	8 min	317K+ vidiq	Advanced Abs
15 MIN STANDING ARMS + WEIGHTS	https://www.youtube.com/watch?v=fQJ3ydfSAP0	15 min	289K+ vidiq	Arms/Weights
10 MIN CHRISTMAS DANCE WORKOUT 2025	https://www.youtube.com/watch?v=0kS0Q-x08c4	10 min	280K+ vidiq	Dance/Seasonal

Notable Pilates Content (Search Channel)

- **15 MIN PILATES WORKOUT** — Slow Full Body Toning, Floor only, Low Impact Tom's Guide
- **10 MIN AB WORKOUT** — 107 million+ views, 20 exercises, 30 sec each Tom's Guide
- **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>

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	https://www.youtube.com/watch?v=4thujUsx9pI	62 min	Beg-Int	Lower Body/Core
20 Minute Pilates: Butt and Thigh	https://www.youtube.com/watch?v=RZgIv9tVvLE	21 min	Beg-Int	Glutes/Thighs
Bikini Body Pilates - Butt, Thigh, Abs	https://www.youtube.com/watch?v=OjeveoQgp6I	27 min	Beginner	Full Body

Video Title	URL	Duration	Level	Target
Pilates for Lean Legs & Toned Core	https://www.youtube.com/watch?v=zsaGmHsIGy8	33 min	Beg-Adv	Legs/Core
17 Minute Pilates Core Series	https://www.youtube.com/watch?v=xoNG1pBdSOo	17 min	Beg-Adv	Core
35 Min Pilates for Butt and Thighs	https://www.youtube.com/watch?v=YVmJV8KxjuU	35 min	Beginner	Glutes/Thighs
Core and Lower Body Pilates Mat	https://www.youtube.com/watch?v=ZU8xs-vV0AI	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 //	https://www.youtube.com/watch?v=MSmHYnIm5ZU	28:24	Pilates	Beg-	Full
Total Body Fusion			HIIT	Int	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 (2 Lazy 4 the Gym)
- Monthly Calendars: <https://www.youtube.com/playlist?list=PL2ov72VWpiOpWkmfRYm7MW56NP1zz0YAa> (2 Lazy 4 the Gym)

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	https://youtu.be/lQR-L7jLfuk	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>

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

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 Fit&Well	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 PLAYBOARD

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) (Celebwell) | 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/@nourishmoveandlove>
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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	https://youtu.be/QhxwCPwCrOQ	17:49
Energising Pilates (Day 3)	Lottie Murphy	https://youtu.be/pCM49rt6Mas	~15 min
Bikini Body Pilates	Fitness Blender	https://www.youtube.com/watch?v=OjeveoQgp6I	27 min
Strong and Calm Pilates (Day 1)	Lottie Murphy	https://youtu.be/QYgSGfdFXj4	~20 min

WALL PILATES

Video/Playlist	Channel	URL	Duration
28-Day Wall Pilates Challenge	Rachel's Fit Pilates	https://youtube.com/playlist?list=PL6F8eIYp4eOGY-MIwSZiGWCazK7Tf2tLz	10-30 min/day
21-Day Pilates Strength Challenge	PILATESBODY by Kayla	https://www.youtube.com/playlist?list=PLm_BL8UflVlvQVUibjexWegKQYRLXyy2h	15-25 min/day

CORE/ABS FOCUSED

Video	Channel	URL	Duration
Beautiful Abs - Pilates Core Sculpting	Blogilates	https://www.youtube.com/watch?v=lr5oEBVUevs	10:41
Muffintop Massacre	Blogilates	https://youtu.be/AqXmgy5GTzI	17:33
Pilates Abs (Day 2)	Lottie Murphy	https://youtu.be/8ZT2e5o7p_8	~15 min
Athletic Pilates Abs Complete Core Burnout	PILATESBODY by Kayla	https://www.youtube.com/watch?v=BXIMWIUTVO4	15 min
17 Minute Pilates Core Series	Fitness Blender	https://www.youtube.com/watch?v=xoNG1pBdSOo	17 min

Video	Channel	URL	Duration
Obliques & Waist Pilates (Day 15)	Lottie Murphy	https://youtu.be/RIgfz-LDjMY	~15 min
5 Minute Flat Abs	Blogilates	https://youtu.be/SHRHCJcYtvs	6:40

LOWER BODY/GLUTES/LEGS

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

UPPER BODY/ARMS

Video	Channel	URL	Duration
Pilates Arms (Day 4)	Lottie Murphy	https://youtu.be/QY_ieqB6p44	~12 min
Arms & Abs Pilates Circuit (Day 16)	Lottie Murphy	https://youtu.be/f44iens4VoM	~15 min
Weightless Arm Workout	Blogilates	https://youtu.be/3TSD9TJ5sVM	9:30
Arms + Abs Pilates Strength	PILATESBODY by Kayla	https://www.youtube.com/watch?v=7Te5XlvrjI4	20 min
15 MIN STANDING ARMS + WEIGHTS	Pamela Reif	https://www.youtube.com/watch?v=fQJ3ydfSAP0	15 min

PILATES + BARRE FUSION

Video	Channel	URL	Duration
Barre Inspired Pilates (Day 10)	Lottie Murphy	https://youtu.be/xXutMuNVR1E	~15 min

PILATES + YOGA FUSION

Video	Channel	URL	Duration
Pilates & Yoga Inspired Flow (Day 18)	Lottie Murphy	https://youtu.be/zoFGIEfwsO8	~15 min

PILATES + HIIT FUSION

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

MORNING PILATES ROUTINES

Video	Channel	URL	Duration
Move & Breathe Pilates (Day 7)	Lottie Murphy	https://youtu.be/9UcwwaeMZcY	~15 min
Energising Pilates (Day 3)	Lottie Murphy	https://youtu.be/pCM49rt6Mas	~15 min

QUICK 10-15 MINUTE PILATES

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

20-30 MINUTE STANDARD SESSIONS

Video	Channel	URL	Duration
HIIT Pilates Workout // Total Body Fusion	Heather Robertson	https://www.youtube.com/watch?v=MSmHYnIm5ZU	28:24
20 Minute Pilates: Butt and Thigh	Fitness Blender	https://www.youtube.com/watch?v=RZgIv9tVvLE	21 min
Bikini Body Pilates	Fitness Blender	https://www.youtube.com/watch?v=OjeveoQgp6I	27 min
Booty + Abs Sculpt Pilates	PILATESBODY by Kayla	https://www.youtube.com/watch?v=ym_ktF4ePMw	25 min
Arms + Abs Pilates Strength	PILATESBODY by Kayla	https://www.youtube.com/watch?v=7Te5Xlvrl4	20 min

45-60 MINUTE LONG SESSIONS

Video	Channel	URL	Duration
Pilates Abs, Butt, and Thigh Workout	Fitness Blender	https://www.youtube.com/watch?v=4thujUsx9pI	62 min
50 MIN ABS, SEXY DANCE, FAT BURN	Pamela Reif	https://www.youtube.com/watch?v=EEFnjlb9518	50 min

PRENATAL/POSTPARTUM PILATES

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

RESTORATIVE/GENTLE PILATES

Video	Channel	URL	Duration
Unwind Pilates (Day 6)	Lottie Murphy	https://youtu.be/J1hBN5gitnw	~15 min
Calming & Cosy Pilates (Day 11)	Lottie Murphy	https://youtu.be/GFofzRS10-s	~15 min
Moving Meditation (Day 20)	Lottie Murphy	https://youtu.be/HQ-4ttAteAU	~15 min
Pilates For Digestion & Ease (Day 23)	Lottie Murphy	https://youtu.be/-Jzfn_3eZJM	~15 min
Pilates Stretch (Day 13)	Lottie Murphy	https://youtu.be/c4MfXAzp5ME	~15 min

POSTURE AND FLEXIBILITY

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

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.