

Core conditioning Pilates calendar Checklist

Week 1

- 1. Engage and strengthen core Pilates
- 2. Simple hip strength and mobility
- 3. Abs and core – standing and mat work

Week 2

- 1. Abs and glute energiser
- 2. Pilates strength and control
- 3. Get moving Pilates routine

Week 3

- 1. Core and glutes Pilates workout
- 2. Hip and core strengthening
- 3. Pilates core and abdominals

Week 4

- 1. Abs and glute strengthening
- 2. Ultimate toning Pilates workout
- 3. Full body strength and conditioning