






















30 DAY MOVEMENT CALENDAR

<p>1</p> <p>START OFF STRONG</p> <p>20 min. of your choice of cardio & "The Perfect Layer" Pilates (18 min.)</p> <p>CLICK HERE</p>	<p>2</p>  <p>Grab a mini ball for "Glutes & Core" (21 min.)</p> <p>CLICK HERE</p>	<p>3</p> <p>A Pilates refresher or "Great Starter Set" (14 min.)</p> <p>CLICK HERE</p> <p>Optional Add: "Biceps and Booty" (16 min.)</p> <p>CLICK HERE</p>	<p>4</p> <p>BE ACTIVE DAY</p> <p>Walk your dog, chase your kids do 100 squats, jump rope for a song, take a hike.</p> 	<p>5</p> <p>"Total Body Strength" (36 min.)</p> <p>You need a set or two of hand weights.</p>  <p>CLICK HERE</p>	<p>6</p>  <p>5-10 min. of jump roping (pick a song or 2) plus "Day 3 of the 30 day challenge" with bands (11 min.)</p> <p>CLICK HERE</p>
<p>7</p> <p>REST DAY BUT MOVE YOUR BODY! PROTECT YOUR PEACE.</p> 	<p>8</p>  <p>Just yourself for Pilates "March Matness Pilates" (30 min.)</p> <p>CLICK HERE</p>	<p>9</p> <p>CARDIO DAY</p> <p>30 minutes your choice!</p> <p>Optional Add: "8 min. Perky Peaches"</p>  <p>CLICK HERE</p>	<p>10</p> <p>"ELEVATED LEG DAY" (16 min.)</p> <p>My favorite! You need a yoga block or the bottom of your stairs for this one.</p> <p>CLICK HERE</p>	<p>11</p>  <p>11 min. stretch "Day 7 of the 30 Day Challenge"</p> <p>Plus a 20 min. walk outside! Choose JOY!</p> <p>CLICK HERE</p>	<p>12</p> <p>"Intro to Barre Fitness with Jenn" (18 min.)</p> <p>CLICK HERE</p> <p>Optional Add: "Short & Sweet Shoulders"</p> <p>CLICK HERE</p>
<p>13</p>  <p>REST DAY BUT GET FRESH AIR!</p>	<p>14</p> <p>Either a 20 min. walk + 10 min. of Jump rope OR a 30 min. run +</p> <p>"Session 11 from the 30 Day Challenge" Inner & Outer thighs (14 min.)</p> <p>CLICK HERE</p>	<p>15</p>  <p>Focus on the Upper Body with this "Arms and Core" (40 min.)</p> <p>CLICK HERE</p>	<p>16</p>  <p>"PILATES EVERY DAY #2" (10 min.)</p> <p>CLICK HERE</p>	<p>17</p> <p>"Cardio Yoga" (37 min.) with my friend Siri.</p> <p>CLICK HERE</p> <p>Or 2 Rounds of "Kettlebells & Cardio" (10 min.) with me.</p> <p>CLICK HERE</p>	<p>18</p>  <p>30 min. of cardio (your choice) and "Abs No Props" (6 min.)</p> <p>CLICK HERE</p>
<p>19</p>  <p>"Restorative Stretch & Release" (29 min.)</p> <p>CLICK HERE</p>	<p>20</p> <p>Two Rounds of "10-4-10" (14 min.) Loop band series.</p>  <p>CLICK HERE</p>	<p>21</p> <p>REST DAY BUT WALK IT OUT, LISTEN TO A PODCAST OR YOUR BOOK OR JUST BE!</p>	<p>22</p> <p>"100 Squats" (20 min.) Need I say more?!</p> <p>CLICK HERE</p> <p>Layer with "Small But Mighty Core" (5 min.)</p> <p>CLICK HERE</p>	<p>23</p> <p>MOVEMENT EVERYDAY!</p> <p>Pilates Happy Back Series #2" (22 min.)</p>  <p>CLICK HERE</p>	<p>24</p> <p>"Total Body Toner" (20 min.) using optional ankle and wrist weights.</p>  <p>CLICK HERE</p>
<p>25</p> <p>20 min. of cardio & layer with 10 min. of CORE work with the large stability ball.</p>  <p>CLICK HERE</p>	<p>26</p> <p>Mini Ball Barre with Jenn (23 min.)</p>  <p>CLICK HERE</p>	<p>27</p>  <p>BE ACTIVE DAY!</p> <p>Anything you love today! Take a bike ride, go for a hike, walk your dog, play with your kids!</p>	<p>28</p> <p>"30 Day Challenge #2" (11 min.)</p> <p>CLICK HERE</p>	<p>29</p> <p>Shift your energy with a strong grounding PiYo session (14 min.)</p>  <p>CLICK HERE</p>	<p>30</p>  <p>FINISH STRONG & KEEP GOING!</p> <p>"A Little Bit of This & A Little Bit of That" (32 min.)</p> <p>CLICK HERE</p>