

Hey there! This is the beginning of your new fitness journey! I'm so proud of you for taking this step towards embracing healthy living! To use this calendar, please do each video once & check them off once done. Sign to make it official & share w. me on Instagram #Blogilates! I am your trainer and friend so show me your #sweatypics and meals as you power through these 28 days. You've got this. Now go kill it. <3 Cassey

BLOGILATES

BEGINNER'S CALENDAR

4 week plan for POPsters just gettin' started

WHERE TO FIND ME FOR SUPPORT!



*For healthy recipes and meal plans to go along w. this calendar, check out Blogilates.com!
*New workouts on YouTube.com/Blogilates every Mon, new Cheap Clean Eats recipes every Thurs!

total body

abs

total body

lower body

abs

total body

rest

WEEK 1

day 1

- ☐ Wake up and be ready for an amazing 4 weeks!
- ☐ POP Pilates For Beginners - Total Body Workout

Sign: _____

you can find the daily video playlists on blogilates.com

day 2

- ☐ Wake up & do 1 min plank
- ☐ POP Pilates for Beginners: Ab Time
- ☐ ABC Abs

Sign: _____

day 3

- ☐ Wake up & do 10 roll ups
- ☐ Fat Burning Cardio Warmup
- ☐ Total Body Pilates with Ana Caban

Sign: _____

day 4

- ☐ Wake up & do 10 burpees
- ☐ Quiet Cardio
- ☐ Stretching for Flexibility
- ☐ Bubble Butt Workout

Sign: _____

day 5

- ☐ Wake up and drink an 8 oz glass of water
- ☐ Pick-Me-Up Quickie WO
- ☐ Body Slimming Workout
- ☐ Crazy Core Workout

Sign: _____

day 6

- ☐ Wake up & do 20 situps
- ☐ Feel Good Soul Stretches
- ☐ Backless Dress Workout
- ☐ What Makes You Bootyful

Sign: _____

day 7

REST DAY

- ☐ Try the 2 ingredient banana pancakes recipe on blogilates.com.
- ☐ Take a pic and show me @Blogilates on twitter!

WEEK 2

day 8

- ☐ Wake up and do 15 pushups
- ☐ POP Pilates For Beginners - Total Body Workout
- ☐ The 100 workout

Sign: _____

day 9

- ☐ Wake up and do 10 squat jumps
- ☐ POP Pilates for Beginners: Ab Time
- ☐ 8 minute Abs

Sign: _____

day 10

- ☐ Wake up and do 30 sec side plank ea side
- ☐ Fat Burning Cardio Warmup
- ☐ Legilates Legsercizes
- ☐ Til The World Ends WO

Sign: _____

day 11

- ☐ Wake up and do 20 double leg lifts
- ☐ Quiet Cardio
- ☐ Saddlebag Shaver
- ☐ Glad You Came Calves

Sign: _____

day 12

- ☐ Wake up and do 50 pelvic thrusts
- ☐ Pick-Me-Up Quickie WO
- ☐ 8 minute Abs
- ☐ ABC Abs

Sign: _____

day 13

- ☐ Wake up and do 10 elbow pushups
- ☐ Feel Good Soul Stretches
- ☐ Upper Body Workout
- ☐ Call Me Maybe Squats

Sign: _____

day 14

REST DAY

- ☐ Try the Berrylicious Microwave Minute Muffin recipe on blogilates.com.
- ☐ Take a pic and show me on Instagram @Blogilates

WEEK 3

day 15

- ☐ Wake up and do 20 squats
- ☐ POP Pilates For Beginners - Total Body Workout
- ☐ Serious Standing Pilates

Sign: _____

day 16

- ☐ Wake up and do 20 jumping jacks
- ☐ POP Pilates for Beginners: Ab Time
- ☐ Crazy Core Workout

Sign: _____

day 17

- ☐ Wake up and do 50 calf raises
- ☐ Fat Burning Cardio Warmup
- ☐ Amazing Upper Back & Leg Stretches
- ☐ Backless Dress Workout

Sign: _____

day 18

- ☐ Wake up and do 30 seconds Hollow Rocks
- ☐ Quiet Cardio
- ☐ Stretching for Flexibility
- ☐ Super Butt Workout

Sign: _____

day 19

- ☐ Wake up & do 1 min plank
- ☐ Pick-Me-Up Quickie WO
- ☐ ABC Abs
- ☐ Body Slimming Workout

Sign: _____

day 20

- ☐ Wake up & do 10 roll ups
- ☐ Feel Good Soul Stretches
- ☐ Legs and Thighs Workout
- ☐ Great Gatsby Workout

Sign: _____

day 21

REST DAY

- ☐ Try the Flourless Pizza recipe on blogilates.com
- ☐ Take a pic and show me on facebook.com/blogilates

WEEK 4

day 22

- ☐ Wake up & do 15 burpees
- ☐ POP Pilates For Beginners - Total Body Workout
- ☐ The 100 workout

Sign: _____

day 23

- ☐ Wake up & do 20 situps
- ☐ POP Pilates for Beginners: Ab Time
- ☐ New Body Makeover
- ☐ ABC Abs

Sign: _____

day 24

- ☐ Wake up and do 20 pushups (knees or toes)
- ☐ Fat Burning Cardio Warmup
- ☐ Legs and Thighs Workout
- ☐ Glad You Came Calves

Sign: _____

day 25

- ☐ Wake up and do 5 teasers
- ☐ Quiet Cardio
- ☐ Super Butt Workout
- ☐ What Makes You Bootyful
- ☐ Call Me Maybe Squats

Sign: _____

day 26

- ☐ Wake up and do 15 elbow pushups
- ☐ Pick-Me-Up Quickie WO
- ☐ 8 minute Abs
- ☐ Crazy Core Workout

Sign: _____

day 27

- ☐ Wake up and do 1 min plank
- ☐ Feel Good Soul Stretches
- ☐ Upper Body Workout
- ☐ Drive By Inner Thighs

Sign: _____

day 28

REST DAY

- ☐ Try making the Easiest Cookie in the World Recipe on blogilates.com
- ☐ Take a pic and show me on Twitter @Blogilates