



BEGINNER'S 2.0

4-week plan for POPsters gettin' started

Week 1

TOTAL BODY 1

- ☐ Wake up and get **EXCITED** for an amazing 4 weeks!
- ☐ POP Pilates for Beginners - Total Body Workout

ABS 2

- ☐ Wake up and 10 sit-ups
- ☐ POP Pilates for Beginners: Ab Time
- ☐ 10 Min Ab Sculpting Workout

TOTAL BODY 3

- ☐ Wake up and plank for 30 sec!
- ☐ Bubble Butt Workout
- ☐ Total Body Pilates with Ana Caban

LOWER BODY 4

- ☐ Wake up and do 10 burpees
- ☐ Fat Burning Cardio Warmup
- ☐ Beginner Inner Thighs
- ☐ How to do a Headstand

ABS 5

- ☐ Wake up and drink an 8 oz glass of water
- ☐ POP Pilates for Beginners - Total Body Workout
- ☐ Beginners Abs & Butt Workout

TOTAL BODY 6

- ☐ Wake up and do 15 crunches
- ☐ Pumped Up Cardio Warmup!
- ☐ 6 Min to Sexy Arms
- ☐ 9 Steps to doing the Splits

REST 7

- ☐ Make the 2 ingredient banana pancakes recipe (blogilates.com)
- ☐ Take a pic and tweet me @Blogilates

Week 2

8

- ☐ Wake up and do 20 jumping jacks
- ☐ Fun Indoor Cardio Workout
- ☐ Body Slimming Workout
- ☐ Best Stretches to Relieve Low Back Pain

9

- ☐ Wake up and plank for 1 min
- ☐ POP Pilates for Beginners - Total Body Workout
- ☐ ABC Abs

10

- ☐ Wake up and do 30 sec side plank each side
- ☐ POP Pilates for Beginners: Ab Time
- ☐ Bubble Butt Workout
- ☐ Best Stretches for Chilling Out

11

- ☐ Wake up and do 12 roll-ups
- ☐ Pick Me Up Quickie Workout
- ☐ Body Slimming Workout
- ☐ 6 Min to Sexy Thighs

12

- ☐ Wake up and do 20 squats
- ☐ Beginners Abs & Butt Workout
- ☐ Abs on Fire
- ☐ Relax with Me Stretch

13

- ☐ Wake up and drink an 8 oz glass of water
- ☐ 5 Minute Fat Burner
- ☐ Push Plank Challenge
- ☐ Killer Legs

14

- ☐ Make the Berrylicious Micro-wave Minute Muffin (blogilates.com)
- ☐ Take a pic and tag me on Instagram @Blogilates

Week 3

15

- ☐ Wake up and do 20 front kicks
- ☐ 5 Minute Ab Express
- ☐ Feel Good Soul Stretches

16

- ☐ Wake up and do 20 sit-ups
- ☐ POP Pilates for Beginners - Total Body Workout
- ☐ 5 Best & Most Effective Ab Exercises

17

- ☐ Wake up and do 50 calf raises
- ☐ Fat Burning Cardio Warmup
- ☐ 5 Best Exercises to Flatten your Lower Belly
- ☐ Muffintop Massacre

18

- ☐ Wake up and do 10 pushups
- ☐ Pumped Up Cardio Warmup!
- ☐ Beginner Inner Thighs
- ☐ Stretching for Flexibility

19

- ☐ Wake up and 15 burpees
- ☐ Fun Indoor Cardio Workout
- ☐ Lower Belly Flattener
- ☐ 4 Minutes To Flat Abs & Toned Thighs

20

- ☐ Wake up and 20 crunches
- ☐ Butt Lift & Slim Thighs
- ☐ Fat Destroyer
- ☐ Amazing Upper Back & Leg Stretches

21

- ☐ Make the Flourless Pizza (blogilates.com)
- ☐ Take a pic and tag me on Instagram @Blogilates

Week 4

22

- ☐ Wake up and do 30 squats
- ☐ Ultimate Hot Body Workout
- ☐ 5 Best Butt Exercises
- ☐ How to do the Splits

23

- ☐ Wake up and do 30 jumping jacks
- ☐ POP Pilates for Beginners - Total Body Workout
- ☐ 6 Min to a Sexy Little Waist
- ☐ Quick Ab Workout

24

- ☐ Wake up and do 15 roll-ups
- ☐ Fat Loss Cardio
- ☐ Flat Stomach Fat Melter
- ☐ Best Stretches to Relieve Low Back Pain

25

- ☐ Wake up and do 60 calf raises
- ☐ Fat Burning Cardio Warmup
- ☐ Hips Butt 'N Thighs Workout
- ☐ Perfect Legs Workout

26

- ☐ Wake up and do 30 crunches
- ☐ Train Insane HIIT
- ☐ Muffintop Shredder Workout
- ☐ Feel Good Soul Stretches

27

- ☐ Wake up and do 1 min plank (2x)
- ☐ Fat Burning Ladder
- ☐ Flat Belly Fat Burner
- ☐ 6 Min to a Sexy Booty

28

- ☐ Make the Easiest Cookie in the World (blogilates.com)
- ☐ Take a pic and show me on Twitter @Blogilates

