

Pilates Calendar

Thirty days of mat Pilates, built on control rather than repetitions

30 DAYS

Complete daily guidance

15-30 MINUTES

Focused, repeatable sessions

MAT + TOWEL

Supportive props are optional

YOUR MONTH AT A GLANCE

Breath & Alignment · Abdominal Series I · Bridging & Glutes · Stretch & Reset · Complete Rest · Side-Lying Series · Gentle Flow & Breathing · Abdominal Series II · Back Extension
· Full Mat Sequence I

START HERE

A month of mat Pilates that introduces the classic exercises one layer at a time: breathing and pelvic control first, then the abdominal series, the side-lying leg series, and the back extension work. Sessions run 15 to 30 minutes and reward precision over speed.

WHO THIS IS FOR

Adults new to Pilates who want the mat repertoire explained in a printed order, and anyone looking for low-impact core and posture work at home.

EQUIPMENT

A mat or a padded surface. Optional: a small cushion under the head, a folded towel for support, and a wall for standing work.

INTENSITY GUIDE

RPE 1-2	Rest or very easy movement
RPE 3-4	Easy, conversation feels natural
RPE 5	Moderate, working but controlled
RPE 6	Challenging, never sharp or unstable

HOW TO USE THE CALENDAR

- Follow the days in order.
- Move slowly, exhale on the effort, and stop a set when the lower back lifts or the neck strains rather than pushing to the last repetition.
- Quality of a single repetition beats quantity for the whole month.

FIVE-MINUTE WARM-UP

1 minute	Lying breathing with hands on the ribs	Settle into an easy rhythm
1 minute	Pelvic tilts	Loosen the upper body
1 minute	Knee folds, one leg at a time	Move the hips comfortably
1 minute	Shoulder slides and arm circles on the floor	Keep the depth pain-free
1 minute	Cat-cow on hands and knees	Finish a little warmer

BEFORE EACH SESSION

- | | | | |
|--|---|---|--|
| ☐ Clear the floor | ☐ Stable chair or wall | ☐ Water within reach | ☐ Pain-free starting position |
|--|---|---|--|

THREE-MINUTE COOL-DOWN

1 min

Slow the march until breathing settles.

1 min

Stretch calves, chest, and hips gently.

1 min

Take slow breaths and notice how the session felt.

30-day calendar overview

Tick the box for each completed day

1 Breath & Alignment RPE 2/10	2 Abdominal Series I RPE 3/10	3 Bridging & Glutes RPE 3/10	4 Stretch & Reset RPE 2/10	5 Complete Rest RPE 1/10
6 Side-Lying Series RPE 3/10	7 Gentle Flow & Breathing RPE 2/10	8 Abdominal Series II RPE 4/10	9 Back Extension RPE 4/10	10 Bridging & Glutes RPE 4/10
11 Stretch & Reset RPE 2/10	12 Complete Rest RPE 1/10	13 Side-Lying Series RPE 4/10	14 Gentle Flow & Breathing RPE 2/10	15 Full Mat Sequence I RPE 5/10
16 Abdominal Series III RPE 5/10	17 Back Extension RPE 5/10	18 Stretch & Reset RPE 2/10	19 Complete Rest RPE 1/10	20 Side-Lying & Standing RPE 5/10
21 Gentle Flow & Breathing RPE 2/10	22 Full Mat Sequence II RPE 6/10	23 Abdominal Series IV RPE 6/10	24 Back Extension & Balance RPE 6/10	25 Stretch & Reset RPE 2/10
26 Complete Rest RPE 1/10	27 Side-Lying & Standing RPE 6/10	28 Gentle Flow & Breathing RPE 2/10	29 Full Mat Sequence III RPE 6/10	30 Reflect & Restore RPE 2/10

Days 1-6

[Complete session details](#)**Breath & Alignment****Exercises** Lying breathing; pelvic tilts; knee folds; shoulder slides

1

Dose

2 rounds: 8 breaths; 10; 8/side; 10

Rest

45 sec between rounds

Intensity

Very easy · RPE 2/10

Abdominal Series I**Exercises** The hundred with feet down; single-leg stretch; chest lift

2

Dose

2 rounds: 50 beats; 8/side; 8

Rest

45 sec between rounds

Intensity

Easy · RPE 3/10

Bridging & Glutes**Exercises** Pelvic curl; single-leg heel taps; clamshells; glute bridge hold

3

Dose

2 rounds: 10; 8/side; 12/side; 20 sec

Rest

45 sec between rounds

Intensity

Easy · RPE 3/10

Stretch & Reset**Exercises** Cat-cow; child's pose; spine twist supine; hamstring stretch with towel

4

Dose

45 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Complete Rest**Exercises** No planned exercise; optional short walk

5

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Side-Lying Series**Exercises** Side leg lifts; small circles; inner-thigh lifts; side bend prep

6

Dose

2 rounds: 10/side; 8/side each way; 10/side; 6/side

Rest

45 sec between rounds

Intensity

Easy · RPE 3/10

Days 7-12

Complete session details

7	Gentle Flow & Breathing Exercises Full-body mat flow at half speed; closing breathing		
	Dose 15 min continuous	Rest Pause freely	Intensity Very easy · RPE 2/10
8	Abdominal Series II Exercises The hundred with tabletop legs; single-leg stretch; double-leg stretch prep; criss-cross		
	Dose 3 rounds: 60 beats; 10/side; 6; 8/side	Rest 45 sec between rounds	Intensity Easy-moderate · RPE 4/10
9	Back Extension Exercises Swan prep; swimming slow; single-leg kick; child's pose		
	Dose 2 rounds: 8; 20 sec; 8/side; 30 sec	Rest 45 sec between rounds	Intensity Easy-moderate · RPE 4/10
10	Bridging & Glutes Exercises Pelvic curl; single-leg heel taps; clamshells; glute bridge hold		
	Dose 3 rounds: 12; 10/side; 14/side; 25 sec	Rest 45 sec between rounds	Intensity Easy-moderate · RPE 4/10
11	Stretch & Reset Exercises Cat-cow; child's pose; spine twist supine; hamstring stretch with towel		
	Dose 45 sec each; 2 passes	Rest 15 sec between moves	Intensity Very easy · RPE 2/10
12	Complete Rest Exercises No planned exercise; optional short walk		
	Dose No structured workout	Rest Full recovery day	Intensity Rest · RPE 1/10

Days 13-18

[Complete session details](#)

Side-Lying Series

Exercises Side leg lifts; small circles; inner-thigh lifts; side plank on knees

13

Dose

3 rounds: 12/side; 8/side each way; 12/side; 15 sec/side

Rest

45 sec between rounds

Intensity

Easy-moderate · RPE 4/10

Gentle Flow & Breathing

Exercises Full-body mat flow at half speed; closing breathing

14

Dose

15 min continuous

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Full Mat Sequence I

Exercises Hundred; single-leg stretch; criss-cross; pelvic curl; swan prep; side leg lifts

15

Dose

1 round of 10 reps each, controlled

Rest

30 sec between exercises

Intensity

Moderate · RPE 5/10

Abdominal Series III

Exercises Hundred; roll-up with towel assist; double-leg stretch; criss-cross

16

Dose

3 rounds: 80 beats; 6; 8; 10/side

Rest

45 sec between rounds

Intensity

Moderate · RPE 5/10

Back Extension

Exercises Swan prep; swimming; single-leg kick; double-leg kick; child's pose

17

Dose

3 rounds: 10; 30 sec; 10/side; 6; 30 sec

Rest

45 sec between rounds

Intensity

Moderate · RPE 5/10

Stretch & Reset

Exercises Cat-cow; child's pose; spine twist supine; hamstring stretch with towel

18

Dose

50 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Days 19-24

[Complete session details](#)

Complete Rest

Exercises No planned exercise; optional short walk

19

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Side-Lying & Standing

Exercises Side leg series; side plank on knees; standing footwork at a wall

20

Dose

3 rounds: 12/side; 20 sec/side; 12

Rest

45 sec between rounds

Intensity

Moderate · RPE 5/10

Gentle Flow & Breathing

Exercises Full-body mat flow at half speed; closing breathing

21

Dose

18 min continuous

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Full Mat Sequence II

Exercises Hundred; roll-up; single-leg stretch; double-leg stretch; criss-cross; pelvic curl; swan

22

Dose

1 round of 10 reps each, controlled

Rest

30 sec between exercises

Intensity

Moderate · RPE 6/10

Abdominal Series IV

Exercises Hundred; roll-up; double-leg stretch; criss-cross; teaser prep

23

Dose

3 rounds: 100 beats; 8; 10; 12/side; 5

Rest

45 sec between rounds

Intensity

Moderate · RPE 6/10

Back Extension & Balance

Exercises Swan; swimming; single-leg kick; quadruped balance; child's pose

24

Dose

3 rounds: 12; 40 sec; 10/side; 8/side; 30 sec

Rest

45 sec between rounds

Intensity

Moderate · RPE 6/10

Days 25-30

[Complete session details](#)

Stretch & Reset

Exercises Cat-cow; child's pose; spine twist supine; hamstring stretch with towel

25

Dose

50 sec each; 2 passes

Rest

15 sec between moves

Intensity

Very easy · RPE 2/10

Complete Rest

Exercises No planned exercise; optional short walk

26

Dose

No structured workout

Rest

Full recovery day

Intensity

Rest · RPE 1/10

Side-Lying & Standing

Exercises Side leg series; side plank on knees or feet; standing footwork at a wall

27

Dose

3 rounds: 14/side; 25 sec/side; 15

Rest

45 sec between rounds

Intensity

Moderate · RPE 6/10

Gentle Flow & Breathing

Exercises Full-body mat flow at half speed; closing breathing

28

Dose

18 min continuous

Rest

Pause freely

Intensity

Very easy · RPE 2/10

Full Mat Sequence III

Exercises Complete mat order from hundred to side leg series, unbroken

29

Dose

1 round of 10 reps each, 25 min

Rest

20 sec between exercises

Intensity

Moderate · RPE 6/10

Reflect & Restore

Exercises Slow mat flow; long closing breathing; monthly review

30

Dose

12 min flow + 8 min breathing

Rest

Continuous, no effort

Intensity

Very easy · RPE 2/10

Warm-up, modifications & progressions

WARM-UP BEFORE EVERY TRAINING DAY

Minute 1	Lying breathing with hands on the ribs	1 minute	Raise body temperature without rushing
Minute 2	Pelvic tilts	1 minute	Free the shoulders and upper back
Minute 3	Knee folds, one leg at a time	1 minute	Prepare hips and comfortable depth
Minute 4	Shoulder slides and arm circles on the floor	1 minute	Mobilise ankles and lower legs
Minute 5	Cat-cow on hands and knees	1 minute	Finish warmer while breathing steadily

BEGINNER MODIFICATIONS

- Keep the feet on the floor for the hundred and all abdominal work.
- Support the head with a cushion or one hand during chest lifts.
- Use a towel behind the thighs for roll-ups for the whole month.
- Bend the knees in the side-lying series and keep side plank on the knees.
- Halve the repetitions and keep the exercise order intact.

OPTIONAL PROGRESSIONS

- Move from feet down to tabletop legs one exercise at a time.
- Add repetitions only when the lower back stays in contact with the mat.
- Remove the towel assist from roll-ups gradually, one repetition per session.
- Extend holds by 5 seconds per week rather than changing the exercise.
- Progress only after every repetition stays steady and pain-free.

PRACTICAL MOVEMENT SUBSTITUTIONS

Tabletop legs	Keep one or both feet on the floor
Roll-up	Use a towel assist or choose chest lifts
Side plank	Keep the lower knee down

Weekly review & recovery

WEEK 1

Which sessions felt most approachable?

What will make next week easier?

WEEK 2

Where did technique improve?

Did the recovery days feel sufficient?

WEEK 3

What changed in energy or confidence?

Which modification worked best?

WEEK 4

What routine is worth continuing?

Choose one realistic next-month goal.

RECOVERY CHECKLIST

☐ Sleep routine

☐ Regular meals

☐ Water available

☐ Gentle movement

☐ Rest day protected

☐ No sharp pain

Finish safely. Keep moving forward.

SAFETY DISCLAIMER

This plan provides general fitness information, not medical advice. Consult a qualified health professional when appropriate, particularly for neck, lower back, or pelvic concerns. Stop for chest pain, faintness, unusual shortness of breath, or sharp or worsening pain. Results vary and no outcome is guaranteed.

30-DAY COMPLETION RECORD

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

FINAL REFLECTION

The habit I am most proud of:

The movement I want to keep practising:

My realistic next step:

Ready for your next calendar?
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