

# 6 Week Pilates Workout Plan at Home

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The routine will start with basic exercises, such as pelvic tilt, standing roll-down, the hundred, and planks, and lasts for 15 minutes for the first couple of weeks. As you progress, you'll do some challenging exercises as well as increase the workout duration.

## Summary

Program Duration	6 weeks
Workout Frequency	3 to 5 days a week
One session Duration	15-30 minutes
Workout Goal	Improve strength, core stability, flexibility, muscle control, posture, and breathing
Target Gender	Male and Female
Workout Level	Beginner to Intermediate

I've included myriad exercises in this program so you won't get bored by doing the same exercises again and again. You can also customize this routine based on your preferences.

## 6 Week Pilates Workout Plan at Home

- **Week 1 and 2:** Three days a week, 15-20 minutes every day
- **Week 3 and 4:** Four days a week, 20-30 minutes every day
- **Week 5 and 6:** Five days a week, 20-30 minutes every day

## Week 1

- **Duration:** 15-20 minutes
- **Number of rounds:** Two-Three

### Monday

Exercise	Reps/Time
<a href="#">Pelvic Tilt</a>	10 reps
<a href="#">Boomerang</a>	10 reps
<a href="#">Spine Twist</a>	10 reps
<a href="#">High Plank</a>	30 seconds
<a href="#">Mermaid</a>	5 reps/side
<a href="#">Cobra Stretch</a>	20 seconds
<a href="#">Cat Stretch</a>	20 seconds
<a href="#">Roll up</a>	8 reps

### Wednesday

Exercise	Reps/Time
<a href="#">Standing roll-down</a>	5 reps
<a href="#">Thigh Stretch</a>	5 reps
<a href="#">Dynamic Core Plank</a>	30 seconds
<a href="#">Kneeling Sidekick</a>	10 reps/side
<a href="#">Double-leg Stretch</a>	10 reps
<a href="#">Alternate Scissors</a>	15 reps/side
<a href="#">Superman Pull</a>	10 reps
<a href="#">Alternate Leg Stretch</a>	10 reps/side

### Friday

Exercise	Reps/Time
<a href="#">Roll Over</a>	5 reps
<a href="#">Alternate Toe tap</a>	10 reps/side
<a href="#">Spine Stretch</a>	10 reps
<a href="#">Torso Curl</a>	10 reps
<a href="#">Lying T Raises</a>	10 reps
<a href="#">Side Lying Single Leg Lift</a>	10 reps
<a href="#">One Leg Circle</a>	10 reps/side
<a href="#">Clam</a>	10 reps

## Week 2

- **Duration:** 20-30 minutes

- **Number of rounds:** Two to three

## Monday

Exercise	Reps/Time
<a href="#">Squat</a>	15 reps
<a href="#">The Double Leg Stretch</a>	10 reps
<a href="#">Open Leg Rocker</a>	10 reps
<a href="#">Mat Saw</a>	10 reps
<a href="#">Kneeling Pushup</a>	15 reps
<a href="#">Kneeling Side Plank Hip Raise</a>	20 seconds
<a href="#">Half Roll Back</a>	10 reps
<a href="#">One Leg Kick</a>	10 reps/side

## Wednesday

Exercise	Reps/Time
Standing roll-down	6 reps
<a href="#">Jack Knife</a>	6 reps
<a href="#">Neck Pull</a>	6 reps
<a href="#">The Bicycle</a>	10 reps
<a href="#">Double Leg Kick</a>	30 seconds
Scissors	10 reps
Side Kick	6 reps/side
<a href="#">Teaser</a>	6 reps

## Friday

Exercise	Reps/Time
Kneeling Side Kick	10 reps/side
<a href="#">Swimming</a>	30 seconds
<a href="#">Leg Pull Front</a>	30 seconds
<a href="#">Leg Pull Back</a>	30 seconds
<a href="#">Side Bend</a>	30 seconds
Boomerang	30 seconds
<a href="#">Hip Twist</a>	30 seconds
<a href="#">Seal</a>	30 seconds

## Week 3

- **Duration:** 20-30 minutes
- **Number of rounds:** Three to Four

## Monday

Exercise	Reps/Time
<a href="#">Crab</a>	30 seconds
<a href="#">Rocking</a>	30 seconds
<a href="#">Control Balance</a>	30 seconds
Pilates Push-Up	10 reps
<a href="#">Side Lying Double Leg Lift</a>	30 seconds
Thigh Stretch	10 reps
Roll Over	6 reps
Torso Curl	10 reps

## Tuesday

Exercise	Reps/Time
Standing roll-down	5 reps
Boomerang	30 seconds
Roll Over	30 seconds
Kneeling Sidekick	10 reps/side
Double-leg Stretch	10 reps
Jack Knife	8 reps
Swimming	10 reps
Mat Saw	10 reps

## Thursday

Exercise	Reps/Time
Push up Plus	5 reps
<a href="#">Locust Pose</a>	30 seconds
<a href="#">Dead Bug Hold</a>	15-20 sec
Glute Bridge	10 reps/side
Bird Dog Plank	10 reps
Alternate Scissors	15 reps/side
Superman Pull	10 reps
Alternate Leg Stretch	10 reps/side

## Friday

Exercise	Reps/Time
Roll Over	5 reps
<a href="#">V-up Hold</a>	10 reps/side

Spine Stretch	10 reps
Lying Y Raise	10 reps
Torso Curl	10 reps
Lying T Raises	10 reps
Side Lying Leg Lift	10 reps
One Leg Circle	10 reps/side
Clam	10 reps

## Week 4

### Monday

Exercise	Reps/Time
Double Leg Stretch	10 reps
Open Leg Rocker	10 reps
Mat Saw	10 reps
Hundred	15 reps
<a href="#">Spine Twist</a>	20 seconds
Half Roll Back	10 reps
Jackknife	8 reps
Mermaid	5 reps/side
One Leg Kick	10 reps/side

### Tuesday

Exercise	Reps/Time
Standing roll-down	6 reps
Jack Knife	6 reps
Neck Pull	6 reps
<a href="#">Seated Forward Fold</a>	15 seconds
The Bicycle	10 reps
Double Leg Kick	20 seconds
Scissors	10 reps
<a href="#">Spine Extension</a>	20 seconds
Side Kick	6 reps/side
Teaser	6 reps

### Thursday

Exercise	Reps/Time
Kneeling Side Kick	10 reps/side
Swimming	30 seconds

Leg Pull Front	30 seconds
Leg Pull Back	30 seconds
Shoulder Bridge	10 reps
Side Bend	30 seconds
Boomerang	30 seconds
Hip Twist	30 seconds
<a href="#">Standard Pushup</a>	10 reps
Seal	30 seconds

## Friday

Exercise	Reps/Time
Crab	30 seconds
Rocking	30 seconds
Control Balance	30 seconds
Open Leg Rocker	10 reps
Pilates Push-Up	10 reps
Side Lying Double Leg Lift	30 seconds
Half Roll Back	10 reps
Thigh Stretch	10 reps
Roll Over	6 reps
Torso Curl	10 reps

## Week 5

- **Duration:** 20-30 minutes
- **Number of rounds:** Three to Four

## Monday

Exercise	Reps/Time
Standing roll-down	5 reps
Boomerang	30 seconds
Roll Over	30 seconds
Kneeling Sidekick	10 reps/side
Seated Roll Forward	20 seconds
Double-leg Stretch	10 reps
Jack Knife	15 reps/side
One-Leg Circle	10 reps/side
Swimming	10 reps
Mat Saw	10 reps

## Tuesday

Exercise	Reps/Time
Push up Plus	5 reps
Locust Pose	30 seconds
Dead Bug Hold	15-20 sec
Glute Bridge	10 reps/side
Bird Dog Plank	10 reps
Rollover	15 reps/side
Superman Pull	10 reps
Alternate Leg Stretch	10 reps/side
Open Leg Rocker	10 reps

## Wednesday

Exercise	Reps/Time
Standing roll-down	5 reps
Seated Roll Forward	10 reps/side
Spine Stretch	10 reps
Lying Y Raise	10 reps
Torso Curl	10 reps
Lying T Raises	10 reps
Saw	10 reps
One Leg Circle	10 reps/side
<a href="#">Swan Dive</a>	30 seconds
Clam	10 reps

## Friday

Exercise	Reps/Time
Double Leg Stretch	10 reps
Open Leg Rocker	10 reps
Mat Saw	10 reps
Hundred	15 reps
<a href="#">Spine Twist</a>	20 seconds
Half Roll Back	10 reps
Mermaid	5 reps/side
One Leg Kick	10 reps/side
Scissors	20 seconds
<a href="#">Pushup Jack</a>	10 reps

## Saturday

Exercise	Reps/Time
Standing roll-down	6 reps
Jack Knife	6 reps
Swimming	20 seconds
Seated Forward Fold	15 seconds
The Bicycle	10 reps
Double Leg Kick	20 seconds
Scissors	10 reps
Spine Extension	20 seconds
Side Kick	6 reps/side
Teaser	6 reps
Leg Pull Front	20 seconds

## Week 6

- **Duration:** 20-30 minutes
- **Number of rounds:** Three to Four

## Monday

Exercise	Reps/Time
Kneeling Side Kick	10 reps/side
Swimming	30 seconds
Leg Pull Front	30 seconds
<u>Corkscrew</u>	8-10 reps
Leg Pull Back	30 seconds
Shoulder Bridge	10 reps
Side Bend	30 seconds
<u>Rocking</u>	20 seconds
Boomerang	30 seconds
Hip Twist	30 seconds
Standard Pushup	10 reps

## Tuesday

Exercise	Reps/Time
Crab	30 seconds
Seal	30 seconds
Control Balance	30 seconds



Open Leg Rocker	10 reps
Mermaid	5 reps/side
Pilates Push-Up	10 reps
Side Lying Double Leg Lift	30 seconds
Half Roll Back	10 reps
Thigh Stretch	10 reps
Roll Over	6 reps
Torso Curl	10 reps

## Wednesday

Exercise	Reps/Time
Standing roll-down	6-8 reps
Double Leg Stretch	10 reps
Open Leg Rocker	10 reps
Mat Saw	10 reps
Hundred	15 reps
Spine Twist	20 seconds
Half Roll Back	10 reps
Jackknife	8 reps
Corkscrew	8-10 reps
One Leg Kick	10 reps/side

## Friday

Exercise	Reps/Time
Roll Over	5 reps
V-up Hold	10 reps/side
Spine Stretch	10 reps
Superman Pull	10 reps
Torso Curl	10 reps
Cobra Stretch	20 seconds
Side Plank Hip Raise	15-sec/side
One Leg Circle	10 reps/side
Open Leg Rocker	10 reps
Clam	10 reps

## Saturday

Exercise	Reps/Time
Push up Plus	5 reps
Locust Pose	30 seconds
Dead Bug Hold	15-20 sec

Shoulder Bridge	10 reps/side
Bird Dog Plank	10 reps
Pelvic Tilt	10 reps
Rollover	15 reps/side
Boomerang	10 reps
Alternate Leg Stretch	10 reps/side
Spine Twist	10 reps

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