

THE ULTIMATE 12 WEEK PILATES EXERCISE PROGRAM

Created by: [Murshid Akram](#)

Check out [article](#) for more info

I've shared two days of workouts for each week. You can perform them alternatively if you train more than twice a week.

It will take 30 minutes to complete one session, and each session will start with warm-up exercises followed by floor-based Pilates training.

You can adjust the session depending on your fitness level. You can see the chart below, for instance.

Session duration and rounds to perform:

Fitness Level	Number of Rounds	Duration
Beginner	One to Two	10-20 minutes
Intermediate	Two to Three	20-30 minutes
Advanced	Three to Four	30-45 minutes

Note: You can make desired changes to this program. For example, you can replace challenging exercises and decrease and increase activity time or reps depending on exercise difficulty.

Warm-up: Perform [warm-up exercises](#) for the first few minutes to increase oxygen supply, blow flow, and get your muscles ready.

Week 1

Day 1

Exercise	Activity
Pelvic Tilt	5 reps with 5 second's hold
Chest Lift	10 reps
Spine Twist	10 reps on each side

High Plank	30-sec
Single Leg Stretch	5 reps with five seconds of pause/side
Cobra Stretch	15-sec hold
Cat Pose	15-sec hold
Roll up	30-sec

Day 2

Exercise	Activity
Standing roll-down	5 reps
Roll Over	15-sec
One Leg Circle	10 reps on each side
Roll-Like-a-Ball	20-sec
Double-leg Stretch	5 reps with 5 seconds each
Iso Y Raise	10-sec pause
Swimming Mat Exercise	20-sec
Spine Stretch	15-sec
Mat Saw	5 reps/side

Week 2

Day 1

Exercise	Activity
Cat Pose	15-sec
Cow Pose	15-sec
Spine Twist	10 reps/side
Shoulder Bridge	10 reps/side
Bird Dog Plank	15-sec/side
Pelvic Tilt	10 reps
Side leg lifts	10 reps/side
Alternate Leg Stretch	5 reps, 5 seconds each/side

Day 2

Exercise	Activity
Standing roll-down	5 reps
Thigh Stretch	5 reps
Kneeling Sidekick	10 reps/side
Double-leg Stretch	10 reps
Alternate Scissors	15 reps/side
Superman Pull	10 reps
Roll up	30-sec

Week 3

Day 1

Exercise	Activity
Roll Over	30-sec
Alternate Toe tap	10 reps/side
Spine Stretch	10 reps
Torso Curl	10 reps
Lying T Raises	10 reps
Side Lying Single Leg Lift	10 reps
One Leg Circle	10 reps/side
Clam	10 reps

Day 2

Exercise	Activity
Crab	30-sec
Rocking	30-sec
Control Balance	30-sec
Open Leg Rocker	10 reps
Pilates Push-Up	10 reps
Roll up	30-sec
Half Roll Back	10 reps
Thigh Stretch	10 reps
Roll Over	30-sec
Torso Curl	10 reps



[Start your right meal plan with the help of professionals.](#)

Week 4

Day 1

Exercise	Activity
Standing roll-down	6-8 reps
Double Leg Stretch	10 reps
Open Leg Rocker	10 reps
Mat Saw	5 reps/side
Hundred	15 reps
Spine Twist	20-sec
Half Roll Back	10 reps
Jackknife	8 reps
Corkscrew	8-10 reps
One Leg Kick	10 reps/side

Day 2

Exercise	Activity
Roll Over	30-sec
V-up Hold	10 reps/side
Spine Stretch	10 reps
Superman Pull	10 reps
Torso Curl	10 reps
Cobra Strech	20-sec
Side Plank Hip Raise	15-sec/side
One Leg Circle	10 reps/side
Open Leg Rocker	10 reps
Clam	10 reps

Week 5

Day 1

Exercise	Activity
Roll Over	30-sec
Roll up	30-sec
Pelvic Tilt	10 reps
Chest Lift	10 reps
Cat Pose	10 reps
Cobra Strech	20-sec
Teaser	30-sec
Side leg lifts	10 reps/side
Open Leg Rocker	10 reps

Day 2

Exercise	Activity
----------	----------

Kneeling Side Kick	10 reps/side
Swimming	20-sec
Leg Pull Front	20-sec
Leg Pull Back	20-sec
Shoulder Bridge	10 reps
Side Bend	30-sec
Boomerang	30-sec
Hip Twist	30-sec
Standard Pushup	10 reps
Seal	30-sec

Week 6

Day 1

Exercise	Activity
Standing roll-down	6-8 reps
Double Leg Stretch	10 reps
Open Leg Rocker	10 reps
Mat Saw	5 reps/side
Hundred	15 reps
Spine Twist	20-sec
Half Roll Back	10 reps
Jackknife	8 reps
Corkscrew	8-10 reps
One Leg Kick	10 reps/side

Day 2

Exercise	Activity
Standing roll-down	6 reps
Jack Knife	6 reps
Neck Pull	6 reps
Seated Forward Fold	15-sec
The Bicycle	10 reps
Double Leg Kick	20-sec
Scissors	10 reps
Spine Extension	20-sec
Side Kick	6 reps/side
Teaser	30-sec



[Start your right meal plan with the help of professionals.](#)

Week 7

Day 1

Exercise	Activity
Crab	30-sec
Seal	30-sec
Control Balance	30-sec
Open Leg Rocker	10 reps
Mermaid	5 reps/side
Pilates Push-Up	10 reps
Side Lying Double Leg Lift	30-sec
Half Roll Back	10 reps
Thigh Stretch	10 reps
Roll Over	30-sec
Torso Curl	10 reps

Day 2

Exercise	Activity
Double Leg Stretch	10 reps
Open Leg Rocker	10 reps
Mat Saw	5 reps/side
Hundred	15 reps
Spine Twist	20-sec
Half Roll Back	10 reps
Jackknife	8 reps
Mermaid	5 reps/side
One Leg Kick	10 reps/side

Week 8

Day 1

Exercise	Activity
Kneeling Side Kick	10 reps/side
Swimming	30-sec
Leg Pull Front	30-sec
Corkscrew	8-10 reps
Leg Pull Back	30-sec
Shoulder Bridge	10 reps
Side Bend	30-sec
Rocking	20-sec
Boomerang	30-sec
Hip Twist	30-sec
Standard Pushup	10 reps

Day 2

Exercise	Activity
Roll Over	30-sec
V-up Hold	10 reps/side
Spine Stretch	10 reps
Thigh Stretch	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 9

Day 1

Exercise	Activity
Standing roll-down	6 reps
Jack Knife	6 reps
Swimming	20-sec
Seated Forward Fold	15-sec
The Bicycle	10 reps
Double Leg Kick	20-sec
Scissors	10 reps
Spine Extension	20-sec
Side Kick	6 reps/side
Teaser	30-sec
Leg Pull Front	20-sec

Day 2

Exercise	Activity
Push up Plus	5 reps
Locust Pose	30-sec
Dead Bug Hold	15-20 sec
Glute Bridge	10 reps/side
Bird Dog Plank	10 reps
Thigh Stretch	10 reps
Superman Pull	10 reps
Alternate Leg Stretch	10 reps/side



[Start your right meal plan with the help of professionals.](#)

Week 10

Day 1

Exercise	Activity
Double Leg Stretch	10 reps
Open Leg Rocker	10 reps
Mat Saw	5 reps/side
Hundred	15 reps
Spine Twist	30-sec
Half Roll Back	10 reps
Mermaid	5 reps/side
One Leg Kick	10 reps/side
Scissors	20-sec
Pushup Jack	10 reps

Day 2

Exercise	Activity
Standing roll-down	5 reps
Boomerang	30-sec

Roll Over	30-sec
Kneeling Sidekick	10 reps/side
Double-leg Stretch	10 reps
Jack Knife	8 reps
Swimming	10 reps
Mat Saw	5 reps/side

Week 11

Day 1

Exercise	Activity
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
Swan Dive	30 seconds
Clam	10 reps

Day 2

Exercise	Activity
Crab	30-sec
Rocking	30-sec
Control Balance	30-sec
Pilates Push-Up	10 reps
Side Lying Double Leg Lift	30-sec
Thigh Stretch	10 reps
Roll Over	30-sec
Mat Saw	5 reps/side

Week 12

Day 1

Exercise	Activity
Push up Plus	5 reps
Locust Pose	30-sec
Dead Bug Hold	15-20 sec
Glute Bridge	10 reps/side
Bird Dog Plank	10 reps
Roll over	30-sec

Superman Pull	10 reps
Alternate Leg Stretch	10 reps/side
Open Leg Rocker	10 reps

Day 2

Exercise	Activity
Standing roll-down	6 reps
Jack Knife	6 reps
Thigh Stretch	10 reps
Seated Forward Fold	15-sec
The Bicycle	10 reps
Double Leg Kick	20-sec
Scissors	10 reps
Spine Extension	20-sec
Side Kick	15-sec/side
Teaser	30-sec
Leg Pull Front	20-sec



[Start your right meal plan with the help of professionals.](#)

Help us grow online: [Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)
[Free Programs](#) | [Products](#)