

2nd trimester

Monday	Tuesday	Wednesday	Thursday	Friday
Lengthen, Strengthen & Stretch (31:26)	Go for a walk or pick a workout your body is craving!	Dance-Inspired Pilates (29:17) *use a chair for extra balance	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	MBPC Day 3: Lower Body Tone (15:55)
Standing Stability + Strength (23:56)	Go for a walk or pick a workout your body is craving!	Barre + Weights (30:15)	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	Full Body Prenatal Workout (14:31)
Barre Express (27:43)	Go for a walk or pick a workout your body is craving!	Exercise Band Toning Workout (31:51)	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	Prenatal Toning & Tension Release (12:52)
Breath Focused Pilates Workout With Becca (19:07)	Go for a walk or pick a workout your body is craving!	Barre: Balance & Strength (35:12)	Go for a walk and listen to your body - what do you need? Pilates? A nap? Gentle stretching?	Pilates at Your Desk (7:26)