Full Body 10 Series Class

~50 minutes · 10 series · 8 primary series ~5 mins each

This 10-series structure provides a simple framework for building a balanced, full-body Mat Pilates, Sculpt, or strength class. Each series has a clear focus and purpose, helping you move intentionally from warm-up through strength, core, higher-intensity work, recovery, and cool down while creating a class that feels cohesive, progressive, and complete.

#	Series	Focus	Approx. Time
1	Warm-Up	Grounding, breath, mobility + preparing the body	~5 min
2	Glutes	Glute activation, strength + controlled burn	~5 min
3	Core	Deep core strength, stability + control	~5 min
4	Plank	Full-body strength, core + shoulder stability	~5 min
5	Upper Body	Upper-body strength, endurance + controlled burn	~5 min
6	Lower Body	Lower-body strength, power + stability	~5 min
7	Cardio	Elevate heart rate, energy + endurance	~5 min
8	Upper + Lower Body Combo	Full-body strength, coordination + compound movements	~5 min
9	Active Recovery	Core/control-focused movement while bringing heart rate down	~5 min
10	Cool Down	Recovery, mobility, breath + closing	~5 min

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