

6 Day HIIT Pilates Workout Plan to Get Toned and Flexible

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- Day 1 – HIIT
- Day 2 – Pilates
- Day 3 – HIIT
- Day 4 – Pilates
- Day 5 – HIIT
- Day 6- Pilates
- Day 7 – OFF

Day 1 – HIIT

- Jumping Jacks – 15-second work, 15-second rest
- Mountain Climber – 15-second work, 15-second rest,
- High Knees – 10 taps per side, 30-second rest
- Shoulder Taps – 10 taps per side, 30-second rest,
- Squat Jump – 10 reps, 30-second rest
- Push-ups – 15 reps, 30-second rest
- [Kneeling Jump](#) – 10 reps, 30-second rest
- Aim for four to five rounds with 2 minutes of rest between them.

Day 2 – Pilates

- [Roll Up](#) – 5 reps, 15-second rest
- One Leg Stretch – 10 stretches, 5 reps per leg, 30-second rest
- [Spine Stretch Forward](#) – 10 reps, 15-second rest
- [Scissors Straight Leg Stretch](#) – 10 seconds per leg x 3 sets, 15-second rest
- Neck Pull – 10 reps, 30-second rest
- Hundred – One set
- Front Plank – 45-second, 15-second rest
- Perform three to four times at a slow pace.

Day 3 – HIIT

- Sprint in Place – 15-second work, 15-second rest
- Knee Tap Pushup – 12 reps, 6 taps per side, 15-second rest
- Pop Squat – 10 reps, 30-second rest
- Crossbody Mountain Climber – 20-second work, 30-second rest
- Shoulder Taps – 15 taps per side, 30-second rest,
- Burpees – 10 reps, 2-minute rest
- Shoot for four to five rounds.

Day 4 – Pilates

- Roll Over – 5 reps of 10 seconds each, 30-second rest
- [One Leg Circles](#) – 5 reps per leg, 10 seconds each, 30-second rest
- [Double Leg Stretch](#) – 3-second hold x 10 reps, 30-second rest
- Mermaid – 5 reps per side, 10-second each, 30-second rest
- [Corkscrew](#) – 5 reps per side, 10-second each, 30-second rest

- [Pilates Mat Saw](#) – 5 reps on each side, 10-second each, 30-second rest
- Side Plank – 30-second hold per side
- Perform three for four rounds at your desired pace.

Day 5 – HIIT

- Jumping Jacks – 15-second work, 15-second rest
- [Sit Outs](#) – 12 reps, 6 taps per side, 15-second rest
- High Knees – 10 reps, 30-second rest
- Mountain Climber – 20-second work, 30-second rest
- [Bodyweight Power Maker](#) – 5 reps, 2-minute rest
- Shoot for five to six rounds for time.

Day 6- Pilates

- Roll Up to Roll Over – 5 reps, 15 seconds each, 15-second rest
- One Leg Kick – 10 reps per leg, 15-second rest
- [Swan Dive](#) – 10 reps, 30-second rest
- [Pilates Bicycle](#) – 10 reps per leg, 30-second rest
- [Shoulder Bridge](#) – 10 reps per leg, 30-second rest
- [Spine Twist](#) – 10 twists per side, 30-second rest
- Jack Knife – 5 reps, 10 seconds each
- Perform three to five rounds at low intensity.

1. [12 Week Pilates Exercise Program](#)
2. [6 Week Pilates Workout Plan](#)

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