



Welcome to the John Garey TV Summer Body Challenge!

What to Expect:

- 2 weekly coaching emails with the suggested video workouts created to challenge and strengthen you
- Enjoy additional mobility workouts and tutorials for added benefits to your personal program
- Build your best body with a safe and effective workout program
- Improve your Pilates practice and overall health with our variety of challenging workouts

NOTE: All words in this PDF in orange are clickable and will take you to the workout.





Welcome to the John Garey TV Summer Body Challenge!

What to Expect:

- 4 weeks of workouts created to challenge and strengthen you
- Additional mobility workouts and tutorials for added benefits to your personal program
- Build your best body with a safe and effective workout program
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HOW THE SUMMER BODY CHALLENGE WORKS

This is a 4-week online Pilates-based fitness program delivered by Master Pilates teacher John Garey.

You can join our private **FB group community** [here](#).

Each week we send you an email with 5 workouts broken down in our three main categories: Reformer, Pilates Mat, and Fitness.

You'll also get a mid-week boost with some of our best resources for creating your fittest summer body yet!

All workouts are delivered via John Garey TV (JGTV) — the world's most comprehensive online Pilates and fitness studio. You can watch on your phone via our app, TV, or anywhere you like watching videos.

EQUIPMENT

We recommend the following equipment as the workouts during this challenge vary. Make sure to check out what's coming up for the next day so you have the equipment ready! If you don't have a certain piece of equipment, no worries — most of the exercises can be modified or [you can buy what you need in the JGTV Shop here](#).

- | | | |
|--------------------------|----------------------------|---------------------|
| • Reformer | • Weighted Balls | • Jumpboard |
| • Box | • Pole | • Dumbbells |
| • Pilates Circle | • Maple Pole | • Thigh Band |
| • Resistance Band | • Platform Extender | • Med Ball |
| • Foam Roller | • Swiss Ball | • TRX |

Feel free to tailor this series to meet your needs! Always listen to your body and do what's best for you on each day.

If you don't receive the emails or have any questions, please let us know by contacting us at support@johngareytv.com. I can't wait to get started with you!

Thank you for joining—see you inside JGTV!

John Garey



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John Garey



Week 1

Orientation

[Program Overview](#)

Day 1

[Summer Body Reformer - Sculpt 1 \(45 mins\)](#)

Equipment: Reformer / Box / Pilates Circle

Day 2

[Summer Body Fitness - Body Weight Cardio Workout \(20 mins\)](#)

Day 3

[Summer Body Mat - Sculpt with Resistance Band \(41 mins\)](#)

Equipment: Resistance Band

Day 4

[Summer Body Reformer - Sculpt 2 \(45 mins\)](#)

Equipment: Reformer / Box / Platform Extender (if available) / Pole

Day 5

[Summer Body Fitness - Body Weight HIIT Workout 1 \(32 mins\)](#)

Bonus Mobility Workout

[Summer Body Bonus - Mobility Workout 1 \(20 mins\)](#)

Equipment: Resistance Band / Foam Roller /
Weighted Balls

Tutorials

[Goal Setting 101 \(4 mins\)](#)

[Nutrition and Weight Loss Tips](#)

[Goal Setting 201 \(3 mins\)](#)



Week 2

Day 1

[Summer Body Reformer - Glutes, Thighs, and Abs Sculpt \(41 mins\)](#)

Equipment: Reformer / Box / Platform Extender (if available)

Day 2

[Summer Body Reformer - Shoulder and Arms Sculpt \(40 mins\)](#)

Equipment: Reformer

Day 3

[Summer Body Fitness - Body Weight Tabata Workout \(20 mins\)](#)

Day 4

[Summer Body Mat - Pilates Mat and Swiss Ball Workout with Joe \(31 mins\)](#)

Equipment: Swiss Ball

Day 5

[Summer Body Fitness - Body Weight Sculpt Workout 2 \(25 mins\)](#)

Bonus Mobility Workout

[Summer Body Bonus - Mobility Workout 2 \(21 mins\)](#)

Tutorial

[My favorite healthy hummus recipe \(6 mins\)](#)

Week 3

Day 1

[Summer Body Reformer - Sculpt 3 \(37 mins\)](#)

Equipment: Reformer / Box / Platform Extender (if available)

Day 2

[Summer Body Mat - Pilates mat with Resistance Band with Sheri \(42 mins\)](#)

Equipment: Resistance Band / Pilates Circle

Day 3

[Summer Body Mat - Pilates Pat Circuit - No Equipment \(47 mins\)](#)

Equipment: Resistance Band / Pilates Circle

Day 4

[Summer Body Reformer Workout - Jumpboard and Legs with Weights Circuit \(53 mins\)](#)

Equipment: Reformer / Jumpboard / Box / Dumbbells / Thigh Band

Day 5

[Summer Body Fitness - Body Weight Sculpt Workout 3 \(24 mins\)](#)

Bonus Mobility Workout

[Summer Body Bonus - Mobility Workout 3 \(20 mins\)](#)

Equipment: Resistance Band / Foam Roller /
Weighted Balls

Tutorial

[My favorite healthy smoothie \(3 mins\)](#)





Week 4

Day 1

Summer Body Reformer - Sculpt 4 (47 mins)

Equipment: Reformer / Box / Maple Pole / Platform Extender (if available)

Day 2

Summer Body Mat - Athletic Mat 1 (53 mins)

Day 3

Summer Body Reformer - Sculpt 5 (40 mins)

Equipment: Reformer / Box / Pole / Platform Extender (if available)

Day 4

Summer Body Fitness - Med Ball Tabata Workout (20 mins)

Equipment: Med Ball (if available)

Day 5

Summer Body Mat - Athletic Mat 2 (42 mins)

Bonus Mobility Workout

Summer Body Bonus - Mobility Workout 4 (20 mins)

Equipment: Resistance Band / Foam Roller /
Weighted Balls

Tutorial

What's next? (keep the momentum going)