

# 6 Minute Pilates On The Go Manual

Save Time and Energy With These Effective  
Pilates Exercises...

- Targeted Stomach Flattening Exercises
- Full Body Movements To Create A Lean Physique
- Strengthening Core Workout Improves Posture For  
A Lean Sexy Body

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## ***Exercise Considerations***

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

## ***Disclaimer***

***This “6 Minute Pilates” On-the-go manual is*** primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you or your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Congratulations on taking the next step and discovering how Pilates can help give you firm, toned abs and finally lose the muffin top with these specific Pilates moves.

You will find seven illustrations of each Pilates exercise along with detailed step-by-step guide to executing each and every move. If you find yourself struggle with completing 10 repetitions of a particular move do not be discouraged.

These full body transforming Pilates moves are challenging and you'll be feeling the burn right away.

As I mentioned, if you find yourself struggling, start with completing 5 repetitions of each movement. Keep mindful control of your body. You do not want to throw your body around to complete the moves or rush through them. Each and every move is controlled and always draw your abdominals in and keep them engaged while doing these exercises. Your abdominals do not rest while performing each exercise.

Be safe when doing your exercises, if you feel any discomfort in your low back make sure to pull your belly button in towards your spine and draw your knees a bit closer to your body.

Enjoy and have fun!

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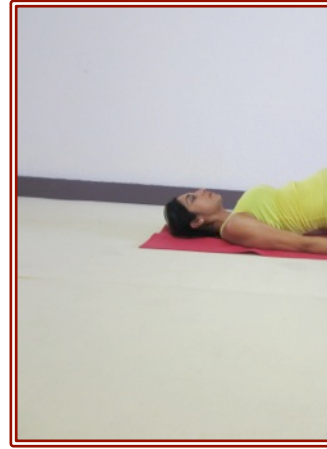
*Author "6 Minutes Pilates"*



## **Pelvic Curl**

- *Lay supine on your back.*
- *Press your shoulder into the floor.*
- *Palms face down, press the heel of the palm firmly into the floor.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Bend both knees and place the feet flat on the floor.*
- *Keep equal weight on both feet.*
- *Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Inhale begin to roll your low back off the floor.*
- *As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.*
- *Keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Avoid the temptation to thrust the ribs forward.*
- *Exhale and roll your back down towards the floor.*
- *Articulating as you roll, placing each vertebrae on the floor at a time.*
- *Keep your pelvis still and square.*
- *Repeat the movement up to 10 repetitions*

**Side Note:** *You are targeting your deep abdominal muscles and lower back. As you progress through the movement keep your pelvic floor engaged. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor*



## **Pelvic Curl Oblique Twist**

- *Lay supine on your back.*
- *Press your shoulder into the floor.*
- *Palms face down, press the heel of the palm firmly into the floor.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Bend both knees and place the feet flat on the floor.*
- *Keep equal weight on both feet.*
- *Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Inhale begin to roll your low back off the floor.*
- *As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.*
- *Keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Avoid the temptation to thrust the ribs forward.*
- *Exhale rotate at your waistline.*
- *Lower right hip towards the floor.*
- *Inhale back to beginning position*
- *Exhale rotate and lower your left hip towards the floor.*
- *Articulating as you roll, placing each vertebrae on the floor at a time.*
- *Repeat the movement up to 10 repetitions*

**Side Note:** *You are targeting your deep abdominal/Oblique muscles and lower back. As you progress through the movement keep your pelvic floor engaged. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor.*



## **Ab Lift**

- *Lying on your back, keep fingers interlaced behind your head.*
- *Chest lift, goal is to have shoulder blades off the floor.*
- *Extend the legs straight to the ceiling.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Bend both knees and place the feet flat on the floor.*
- *Keep equal weight on both feet.*
- *Exhale lift the chest up towards the thighs.*
- *Keep your shoulder blades drawn down your back.*
- *Avoid elbows coming towards each other.*
- *Inhale hold, deepen the engagement of the abs by doing a kegel.*
- *Exhale lower your chest back down to the floor.*
- *Keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Avoid the temptation to thrust the ribs forward.*
- *Keep your pelvis still.*
- *Repeat the movement up to 10 repetitions*

**Side Note:** *You are targeting your deep abdominal muscles. As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor.*



### ***Ab Lift Twist***

- *Lying on your back, keep fingers interlaced behind your head.*
- *Chest lift, goal is to have shoulder blades off the floor.*
- *Exhale rotate at your waistline toward your bent.*
- *Keep equal weight on both feet*
- *Inhale cross-center and rotate to the other side.*
- *Exhale rotate to the other side.*
- *As you switch sides make sure to keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *As you rotate side to side keep your pelvis still and avoid pulling on the hip flexors.*
- *Repeat the movement up to 10 repetitions*

***Side Note:*** *You are targeting your deep abdominal muscles and the oblique's. As you criss cross back and forth keep your hips still and do not rock them side-to-side. Make sure to engage the pelvic floor to minimize movement in the*



## ***AB Pull***

- *Lay flat on the floor.*
- *Bend both knees, inhale bring both legs straight up to the ceiling.*
- *Inhale lower one leg straight down to the floor and press your heel down to the floor.*
- *Other leg reaches up towards the ceiling.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Place one both hands behind the thigh or calve.*
- *Exhale pulse the leg towards you two times*
- *Inhale switch legs in the air.*
- *Attempt to meet your chest and thighs together, don't let your leg do all the work.*
- *Repeat motion.*
- *Repeat the movement up to 10 repetitions*

***Side Note:*** *You are targeting your deep abdominal muscles. As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you can not hold the leg straight, slightly bend at the knee.*





### ***Oblique Pull Twist***

- *Lay flat on the floor.*
- *Bend both knees, inhale bring both legs straight up to the ceiling.*
- *Exhale chest lift up towards your thigh.*
- *Inhale lower one leg straight down to the floor and press your heel down to the floor.*
- *Other leg reaches up towards the ceiling.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Interlace both hands behind your head.*
- *Avoid neck pain by letting your head lay heavy in your hands.*
- *Exhale pulse the leg towards you two times and twist at your waistline to the right.*
- *Inhale switch legs in the air and rotate to the left.*
- *Keep your shoulders down towards your waistline.*
- *Avoid the temptation to thrust the ribs forward.*
- *Repeat motion.*
- *As the leg moves keep pelvis perfectly still by engaging the pelvic floor.*
- *Keep your tailbone anchored down towards the floor.*
- *Repeat the movement up to 10 repetitions*

***Side Note:*** *You are targeting your deep abdominal muscles. As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you can not hold the leg straight, slightly bend at the knee.*



### **Waist Cincher with Extension**

- *Lay flat on the floor.*
- *Tie an exercise band around your ankles.*
- *Exhale chest lift up towards your thigh.*
- *Bend both knees and bring them up to 90 degrees – table top position.*
- *Stay in a chest lift throughout the entire movement.*
- *Inhale extend both legs straight out to 45 degree angle.*
- *Pull the band tight by opening the legs*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Interlace both hands behind your head.*
- *Avoid neck pain by letting your head lay heavy in your hands.*
- *Exhale draw legs back to tabletop.*
- *Do not let the legs come in closer than the line of your hip.*
- *Abdominals are working the whole time, there is no rest when the legs come in.*
- *Keep your shoulders down towards your waistline.*
- *Avoid the temptation to thrust the ribs forward.*
- *Repeat motion.*
- *As both legs move keep pelvis perfectly still by engaging the pelvis floor.*
- *Keep your tailbone anchored down towards the floor.*
- *Repeat the movement up to 10 repetitions*

**Side Note:** *You are targeting your deep abdominal muscles, internal and external obliques. As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you can not hold the leg straight, slightly bend at the knee.*

## **Quick Workout Glimpse**

*Easily refer to these Pilates exercises with the “Quick Workout Glimpse” below. If at any time you need the full description of each Pilates exercise, refer back to the illustrated outline of the exercises above.*

### ***Pelvic Curl***

*10 Repetitions— rest 15 seconds between sets*

### ***Pelvic Curl Oblique Twist***

*5-10 Repetitions – rest 15 seconds between sets*

### ***Ab Lift***

*10 Repetitions – rest 15 seconds between sets*

### ***Ab Lift Twist***

*10 Repetitions – rest 15 seconds between sets*

### ***Ab Pull***

*10 Repetitions – rest 15 seconds between sets*

### ***Oblique Pull Twist***

*10 Repetitions – rest 15 seconds between sets*

### ***Waist Cincher with Extension***

*10 Repetitions – rest 15 seconds between sets*