

10 x 10 Rapid Pilates Workout

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Congratulations!

Welcome to the 10x10 Rapid Pilates Workout! As a Pilates expert for over a decade I've helped hundreds of people, trainers and professional athletes improve core strength, lean, tone and strengthen their physique with Pilates.

These core-strengthening full body moves will give you a stronger core, improve physical performance, increase muscle endurance, reduce injuries and redefine the midsection through these dynamic Pilates exercises.

Whether you are an active workout individual or are brand new to fitness, this Pilates system is geared to challenge any fitness level by carefully incorporating these exercises to your routine.

A sit-up isn't just a sit-up. You will find these specific moves will target the deep abdominal muscles and not only strengthen the core but give the midsection a sleek defined appearance.

Practiced regularly, core strength and muscle endurance will increase quickly and helps to reduce risk of injuries substantially.

Have fun and be safe!
Sylvia Favela

How To Use the 10x10 Rapid Pilates Workout

You will find 10 illustrations of each Pilates exercise along with detailed step-by-step instructions to executing each and every move. These Pilates exercises are designed for you to easily plug into your daily workouts or alone as your primary workout.

Along with each illustrated exercise is a modification for each exercise in the event the exercise is too challenging and a client struggles through the move in the beginning. Each exercise is suggested at 10 reps, reduce this count to half if you are struggling with the movement.

Keep mindful control of your body. Body awareness is the key to executing these core moves. Do not throw your body around to complete the moves or rush through them.

Each and every move is controlled, always pull your abdominals in and keep them engaged while doing these exercises. Your abdominals do not rest at any time while performing each exercise.

Be safe when doing your exercises, if you feel any discomfort in your low back make sure to pull up through the pelvic floor and draw your knees a bit closer to your body.

Directions

Body awareness is the key to executing these core moves. As these full body Pilates exercises are being executed keep mindful control of your body. Do not thrust, jerk or throw the body around to complete the moves or rush through them.

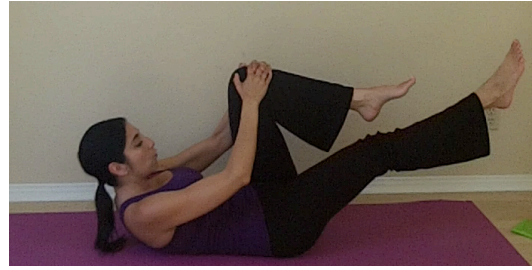
At the end of the illustrations is a Done-For-You workout plan. Each Workout plan is set up with 10 exercises you will do in 10 minutes.

Each section is divided into 4 sets; each set includes 5 full body Pilates exercises with the seconds/repetitions suggested.

Depending on your fitness level, you have the option to choose either seconds or reps of each exercise.

The goal is to do 10 Pilates exercises within 10 minutes.

10x10 Rapid Pilates Workout



Core Leg Switch

- *Lying on your back, place both hands behind the knees.*
- *Chest lift, goal is to have shoulder blades off the floor.*
- *Exhale extend right leg out in front of you.*
- *Keep both hands placed firmly on top of the left knee.*
- *Inhale switch to the opposite 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 switch from side to side keep your pelvis still and avoid pulling on the hip flexors.*
- *Keep your pelvis still, attempting to not let it move side to side.*

****Modification** – *Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the neck, keep the head down.*

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 pelvis. This is not a traditional bicycle; control your move as you switch the legs.*



Ab X-Cross

- *Lying on your back, place both hands behind the knees.*
- *Chest lift, goal is to have shoulder blades off the floor.*
- *Interlace hands behind head, do not tuck chin into chest.*
- *Exhale twist to the right while bending the right knee in towards the waist.*
- *Keep left leg extended straight out.*
- *Inhale twist to center.*
- *Exhale twist to the left while bending the left knee in towards the waist.*
- *Inhale twist center.*
- *Stay in a chest lift throughout the entire movement.*
- *Slowly draw the rib cage in and pull belly button in towards the spine.*
- *Avoid neck pain by letting your head lay heavy in your hands.*
- *Do not let the legs come in further than the line of your hip.*
- *Abdominals are working the whole time; there is no rest when the legs come in.*
- *Avoid the temptation to thrust the ribs forward.*
- *Repeat movement and keep alternating each side.*

***Modification – Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the neck, keep the head down.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's. 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.*

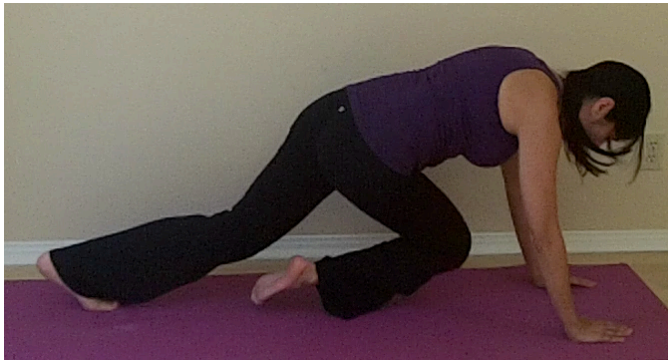


Mountain Climber

- *Place both hands on the floor, keeping wrists under the shoulder at all times.*
- *Extend both legs behind the body.*
- *Bend right knee pull in towards the waistline.*
- *Exhale switch back and forth.*
- *Keep your hips low to the floor.*
- *Tuck your pelvis under.*
- *As you switch the legs through the movement do not let the butt come up towards the sky, keep it in line to your shoulders.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap as you move them back and forth.*
- *Slowly draw the rib cage in and pull the belly button in towards the spine.*
- *Do not let the legs come in further than the line of your hip.*
- *Abdominals are working the whole time; there is no rest when the legs come in.*
- *Avoid the temptation to thrust the ribs forward.*
- *Repeat movement and keep alternating each side.*

***Modification – Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the wrists move from your hands down to the forearms.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's and legs. As you progress through the movement keep your hips still and do not rock them side-to-side by tucking your pelvis under and engage the pelvic floor*



X-Cross Climber

- *Place both hands on the floor, keeping wrists under the shoulder at all times.*
- *Extend both legs behind the body.*
- *Bend right knee pull in towards the left elbow.*
- *Exhale switch back and forth.*
- *Keep your hips low to the floor.*
- *Tuck your pelvis under.*
- *As you switch the legs through the movement do not let the butt come up towards the sky, keep it in line to your shoulders.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap as you move them back and forth.*
- *Slowly draw the rib cage in and pull the belly button in towards the spine.*
- *Do not let the legs come in further than the line of your hip.*
- *Abdominals are working the whole time; there is no rest when the legs come in.*
- *Avoid the temptation to thrust the ribs forward.*
- *Repeat movement and keep alternating each side.*

***Modification – Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the wrists move from your hands down to the forearms.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's and legs. As you progress through the movement keep your hips still and do not rock them side-to-side by tucking your pelvis under and engage the pelvic floor*



Forearm Plank

- *Lay flat on the floor.*
- *Bend both knees, do not bear all your weight on top of the knees, and slightly move forward above the kneecap.*
- *Place forearms down on the floor.*
- *Cross at the ankles.*
- *Tuck the pelvis under and engage the pelvic floor.*
- *Keep shoulders drawn down your back; engage the lats and serratus anterior (by squeezing tightly under the armpit).*
- *Hold position.*
- *Avoid the head to drop, keep it in line to the spine*
- *Draw the abdominals in and pull the belly button in towards the spine.*
- *Avoid the temptation to thrust the ribs forward.*
- *Repeat movement and keep alternating each side.*

****Modification** – *To make this move a little more challenging, extend the legs straight out behind the body. Do not bend the knees.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's. Do not arch your back, keep pulling your belly drawn in not out.*



The Lift

- *Place hands behind the body in line to the shoulders.*
- *Fingertips facing the feet or out the side (Do not face the fingers behind the body, this will cause pressure on the wrists)*
- *Bend both knees and keep feet together.*
- *Extend both arms straight.*
- *Inhale bend both elbows behind the body for a tricep dip.*
- *Do not let the butt drop, keep squeezing the glutes together and inner thighs.*
- *Exhale extend both arms back to start position.*
- *Abdominals are working the whole time; there is no rest when the legs come in.*
- *Avoid the temptation to thrust the ribs forward.*
- *Do not let the shoulders move up as you are going through the motion, engage the lats and serratus anterior.*
- *Repeat movement and keep alternating each side.*
- *This move targets the triceps, shoulders, glutes, and inner/outer thighs.*

***Modification – If there is any discomfort in the wrists as you go through the movement, change the position from the hands down the forearms.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's, triceps, back extensors, glutes, inner/outer thighs, pectoral muscles and shoulders. As you progress through the movement keep your hips still and do not rock them side-to-side. The upper body initiates the move; do not allow the hips to thrust up and down.*



Butt Lift

- *Place hands behind the body in line to the shoulders.*
- *Fingertips facing the feet or out the side (Do not face the fingers behind the body, this will cause pressure on the wrists)*
- *Bend both legs straight out in front of the body and keep feet together.*
- *Extend both arms straight.*
- *Inhale hinge at the hips and press the hips up towards the ceiling.*
- *Keep squeezing the glutes and inner thighs together throughout the movement.*
- *Press both of your heels firmly on the floor as you lift and lower your pelvis.*
- *Do not let the shoulders move up as you are going through the motion, engage the lats and serratus anterior.*
- *This move targets the triceps, shoulders, glutes, and inner/outer thighs.*

***Modification – If there is any discomfort in the wrists as you go through the movement, change the position from the hands down the forearms.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's, triceps, back extensors, glutes, inner/outer thighs, pectoral muscles and shoulders. As you progress through the movement keep your hips still and do not rock them side-to-side. The upper body initiates the move; do not allow the hips to thrust up and down.*



Side Line Plank

- *Lay on your side on forearm*
- *Place opposite hand on the hip.*
- *Extend both legs straight out onto the floor.*
- *Place top leg in front and bottom leg behind. Feet on its side not flat on the floor.*
- *Squeeze inner thighs together.*
- *Keep both legs lengthened and as straight as possible and together.*
- *Do not let the shoulder drop; keep distance from the ear to the shoulder throughout the movement.*
- *Keep forearm firmly pressed to the floor.*
- *Keep hips stacked throughout movement.*
- *Do not let the ribs thrust forward, keep them pulled in.*
- *Draw belly button in towards the spine.*
- *Repeat motion on other side.*

***Modification – Bend both knees down to the floor, keep hips stacked at all times. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal and oblique muscles. As you progress through the movement keep your hips square and inner thighs engaged at all times.*



Tricep Mini-Roll

- *Begin by lying flat on your back on the floor.*
- *Hands firmly pressed down on the floor, keeping shoulders open and back of the shoulder pressed to the floor.*
- *Start with your legs together, knees bent.*
- *Keep heels tucked to your butt and knees as close to your chest as possible.*
- *Draw the belly in; do not push your stomach out.*
- *Exhale press the heels of the palms firmly to the floor as you bring your knees over towards your eyes and roll through your back.*
- *Inhale begin to roll through the spine as you place each vertebrae back on the floor, stop before you get to your low back.*
- *Exhale roll off your spine again and bring the knees over towards the eyes again.*
- *Inhale lower the right leg back the floor and bend elbows towards the back of the body for a push up.*
- *Repeat motion on the same side, switch sides.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Keep belly button pulled in towards the spine.*
- *Do not flare the ribs, keep your ribs pulled in, and if you push your ribs out it wont allow for the thighs to come in close to your body.*

****Modification** – *Do not roll off your back completely. Only roll off your low back and press the hips up and over as much as your range allows.*

Side Note: *You are targeting your deep abdominal muscles and the triceps. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor. Do not lift the head.*



Back Swim

- *Start by lying down on your stomach.*
- *Arms extended straight out in front of the body and legs straight back behind the body.*
- *Pull the belly in towards the spine.*
- *Do not thrust the ribs forward; cinch the waistline in by zipping up the abdominals.*
- *Exhale lift both arms and legs off the floor.*
- *Thighs and arms are hovering the floor at all times, they never rest.*
- *Inhale lower the right arm and left leg.*
- *Exhale lift the left arm and right leg.*
- *Switch back and forth by alternating sides.*
- *As you move through the motion keep the lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be extended, do not round.*
- *Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.*

***Modification – Place a rolled towel under the pelvis as you go through the motion.*

Side Note: *You are targeting your deep abdominal muscles. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Workout At A Glance

Done-for-you workout plan, you can either do the amount of reps or seconds suggested below. Refer to the illustrated pictures above for descriptions and details of each Pilates exercise

***Once you complete one full round of the workouts above and another to intensify the workout.*

Exercise

Core Leg Switch	30 seconds or 12 reps each side
Ab X-Cross	30 seconds or 12 reps each side
Mountain Climber	30 seconds or 12 reps each side
X-Cross Climber	30 seconds or 12 reps each side
Forearm Plank	30 seconds
Rest 10 seconds	
Tricep Mini-Roll	30 seconds or 12 reps
Butt Lift	30 seconds or 12 reps
Mountain Climbers	30 seconds or 12 reps each side
X-Cross Climbers	30 seconds or 12 reps each side
Core Leg Switch	30 seconds or 12 reps each side
Rest 10 seconds	
Mountain Climber	30 seconds or 12 reps each side
X-Cross Climber	30 seconds or 12 reps each side
Forearm Plank	30 seconds
Side Line Plank	30 seconds each side
The Lift	30 seconds or 12 reps
Rest 10 seconds	
Core Leg Switch	30 seconds or 12 reps each side
Ab X-Cross	30 seconds or 12 reps each side
Mountain Climber	30 seconds or 12 reps each side
X-Cross Climber	30 seconds or 12 reps each side
Back Swim	30 seconds or 12 reps each side