

Phase 1: Prime
"Tummy Tone"

DO 3 ROUNDS, REST 30 SECONDS

Core Lift Knees bent	10 reps
Core Lift Twist	10 reps
Core Lift Extension	10 reps
Single Leg Stretch	10 reps
Stand Reverse Lunge Left/Right	10 reps
Stand Reverse Lunge Left	10 reps
Stand Reverse Lunge Right	10 reps
60-Second Plank	10 reps

BODYWEIGHT PILATES Workout Guide

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INTRODUCTION

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.

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

The secret behind the effectiveness of the Bodyweight Pilates, is its ability to target multiple muscle groups at once and strengthen the weak muscles. All by teaching them to coordinate as one unit and fire at 100%.



Below you will find a list of the Pilates workout videos found on the membership site.

Okay let's get started!
Sylvia =)

How To Use Phase 1: Prime Workout Guide

Phase 1 Prime workouts are divided into 6 different workouts each detailed with the exercise, a description of each movement. Along with the rounds and reps for each movement.

The workout Guide is paired with the follow along video workout in Phase 1: Prime workout series.

Phase 1: Prime

"Lean Body Burn"

DO 3 ROUNDS, 30 SECOND RECOVERY

Roll-Up Knees Bent	10 reps
Roll-Up Legs Straight	10 reps
Core Lift Knees Bent	10 reps
Core Lift Toe Taps	10 reps
Mountain Climber	10 reps
X-Climber	10 reps
London Bridge Glute Squeeze	10 reps
London Bridge Right/Left Leg Lift	10 reps
Forearm Plank Hip Twist Drop	10 reps
Swimming	10 reps

Workout Write Up:

Do 3 rounds, rest 30 seconds

1. Roll-Up Knees Bent (10 reps)

Control your movement and take your time. Extend arms straight in line to your head. Bend both knees and keep inner thighs and knees pressing together. Inhale and exhale as you roll to a sitting position.

Modification: Keep your torso down on the floor. Do not lift all the way up to sitting. Roll up to your midback then back down to the floor.

2. Roll-Up Legs Straight (10 reps)

Control your movement and take your time. Extend arms straight in line to your head, legs straight out in front of you. Squeeze inner thighs together and keep abdominals pulled in. Inhale and as you exhale roll up and over towards your thighs. Inhale and exhale roll back down to the floor.

Modification: Slightly bend both knees to begin with. Do not roll all the way up to a sitting position. Roll half way to the midback while keeping your abdominals pulled in.

3. Core Lift Knees Bent (10 reps)

Begin with both knees bent, hands interlaced behind your head. Inhale and as you exhale lift chest up towards the knees. Keep your hips and pelvis as still as possible. Lift both shoulders off the floor as you move forward and back in the movement.

Modification: Keep both hands interlaced behind your head lift and twist to one side, lower your head as you go back to the center, lift and twist opposite.

4. **Core Lift Toe Tap**

Begin with both knees bent, hands interlaced behind your head. Inhale and as you exhale lift chest up towards the knees. Keep your hips and pelvis as still as possible. Lift both shoulders off the floor as you alternate lifting each foot up at a time.

Modification: Keep both hands interlaced behind your head lift and twist to one side, lower your head as you go back to the center, lift and twist opposite.

5. **Mountain Climber (10 reps)**

Begin with hands in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

Modification: Keep hands inline to your shoulder, bend both knees down to the floor, pull your right knee in towards your chest, alternate switch sides to pull in the left knee. Keep your tummy pulled in at all times.

6. **X-Climber (10 reps)**

Begin with hands in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

Modification: Keep hands inline to your shoulder, bend both knees down to the floor, pull your right knee in towards your left shoulder, alternate sides to pull in the left knee. Keep your tummy pulled in at all times.

7. **London Bridge Right/Left Leg Reach (10 reps)**

Begin with lying on your back with both knees bent and arms down along your side. Exhale as your roll up, keeping your shoulder, hip and knee in one line. Keep your tummy pulled in and belly button pulled in towards your spine to prevent the low back from arching. Extend right leg straight up towards the sky as you reach it up for the rep count prescribed.

Modification: Bring your hips up as high as possible. Keeping your belly button pulled in at all times. Hold this position as you extend the right leg straight up towards the sky.

8. **Forearm Plank Hip Twist (10 reps)**

Tummy tight! Begin by starting down into a plank position braced on your forearms. Keep shoulders in line to your elbows as your twist at the waistline from side to side.

Modification: Do not straighten both legs out; keep both knees bent down on the floor.

9. **High Plank Hip Twist Drop (10 reps)**

Tummy tight! Begin by placing hands down on the floor, shoulders in line to the wrists. Keep shoulders directly above your wrists as you twist at the waistline from side to side.

Modification: Do not straighten both legs out; keep both knees bent down on the floor.

10. **Swimming (10 reps)**

Control your movement throughout. Start tummy down on the floor. Press your hips into the

floor as you lift your legs and arms off the floor. Allowing them to hover. Lift the right leg and left arm up a little higher and alternate side. Keep moving your legs and arms up and down. Keep your head in alignment to your spine; do not pick your head up. Eyes facing down towards the floor at all times.

Modification: Do not hover your legs or arms off the floor. Keep them down as you alternate sides. If there is any discomfort in your lower back, roll up a small towel and place underneath your hips for support.

Phase 1: Prime

"Tummy Tone"

DO 3 ROUNDS, REST 30 SECONDS

Core Lift Knees bent	10 reps
Core Lift Twist	10 reps
Core Lift Extension	10 reps
Single Leg Stretch	10 reps
Stand Reverse Lunge Left/Right	10 reps
Stand Reverse Lunge Left	10 reps
Stand Reverse Lunge Right	10 reps
W-Pivot Prone	10 reps

Workout Write Up:

Do 3 rounds, rest 30 seconds

1. Core Lift (10 reps)

Do not rush this move. It's specifically designed to be done with extra control. Begin this move by lying on your back on the floor or on a mat. Hands interlaced behind your head. Knees bent feet placed firmly on the floor. Exhale lift chest up towards the ceiling; hold position then lower back down to the floor. Continue movement as you do the prescribed reps. Keep tummy pulled in and hips as still as possible on the floor.

Modification: Lift your shoulders as high as possible off the floor.

2. Core Lift Twist (10 reps)

Control your movement and take your time. Interlace hands behind the head. Exhale as you lift your shoulders and chest off the floor. Hold the position; rotate using your waistline as you twist side to side. Do not tuck your chin down into your chest or pull on the back of your head. Stay up off your shoulder blades if possible. Keep your abdominals pulled in at all times.

Modification: As you twist side to side, lower your torso in the center before you twist to the opposite side. Only come up as high as you can keep your shoulders off the floor without tugging at the back of your neck.

3. Single Leg (10 reps)

Control your move as you move your legs out and in. Start with knees bent, hands on top right knee, alternate legs straight out and in. Move hands back and forth from knee to knee. Keep your shoulders off the floor as much as possible.

Modification: keep your head down and pull knees in towards your chest.

4. **Core Lift Extension (10 reps)**

Control your movement and take your time. Keep hands behind your head. Exhale as you lift your shoulders and chest off the floor. Hold the position as you extend both legs straight out at a 45 degree angle and bend back in. Repeat movement for the prescribed reps.

Modification: Keep your head down and bend both knees placing feet on the floor. Extend each leg and alternate as you pull in.

5. **Reverse Step Lunge (10 reps)**

Stand straight, hands on each side of the hips. Exhale as you move your right leg back and bend your knee into a lunge position. Do not let your opposite knee come forward past your toes. Bring your leg back to the starting position and alternate sides. Continue the same movement for the prescribed rep count.

Modification: Use a chair or the wall to help with balance. Place your hand on the wall or chair to give you support as you bend one knee back into a lunge position and alternate sides.

6. **W-Prone (10 reps)**

Laying tummy down on the floor. Legs extended straight back behind you. Arms straight out overhead on the floor. Keep legs and hips down on the floor as you lift your back into an extension and arms hover off the floor. Bend elbows back towards your body hands to the temple. Straighten arms back to starting position.

Phase 1: Prime

"Lean HIIT"

DO 3 ROUNDS, REST 30 SECONDS

Roll-Up Straight Arm	10 reps
Leg Circles Right	10 reps
Leg Circles Left	10 reps
AB Cincher	10 reps
Mountain Climber	10 reps
X-Climber	10 reps
Kneeling Side Plank Drops Right/Left	10 reps
Mountain Climber	10 reps
X-Climber	10 reps
Pointer Dog	10 second hold

Workout write-up:

Do 3 rounds, rest 30 seconds

1. Roll-Up Straight Arm (10 reps)

Control your movement and take your time. Extend arms straight in line to your head, legs straight out in front of you. Squeeze inner thighs together and keep abdominals pulled in. Exhale as you roll up and extend both arms straight up to the sky. Inhale hold, exhale roll back down to the floor.

Modification: Bend both knees to start with. Place hands behind the thighs to help you roll up to a sitting position.

2. Leg Circles – Left/Right (10reps)

Start on your back, arms down to your sides. Bend and extend right leg straight up to the sky. While keeping the opposite leg down. Cross the right leg across the body and sweep down and around for the prescribed rep count. Repeat on other side. Keep abdominals pulled in at all times.

Modification: Keep a slight bend in the knee if unable to keep leg straight as you circle leg.

3. Ab Cincher (10 reps)

Start by lying on your back. Bend both knees, position them up to a table top position. Lift the chest off the floor, making sure the shoulders are off the floor. Place hands on knees, extend both arms overhead as you straighten both legs straight out. Exhale circle your arms around as you bend both knees back into your chest. Keep both shoulders off the floor and as high as possible. Pull your belly button in towards your spine throughout the exercise.

Modification: Keep head down on the floor as you lift your arms and legs. Do not straighten both legs keep a slight bend at all times.

4. **Mountain Climber (10 reps)**

Begin with hands on the floor in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

Modification: Bend both knees and place them on the floor. Alternate knees as you pull them into your chest.

5. **X-Climber (10 reps)**

Begin with hands in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

Modification: Keep hands inline to your shoulder; bend both knees as you keep them down on the floor. Pull your right knee in towards your left shoulder, alternate sides to pull in the left knee. Keep your tummy pulled in at all times.

6. **Kneeling Side Plank Hip Drops Right/Left (10reps)**

Start on your side, both knees bent. Pushing yourself up onto your forearms. Keep shoulders and hips staked at all times. Lower and lift hips off the floor.

Modification: Lift hips as high as possible off the floor throughout the movement.

7. **Pointer Dog (10 second hold each side)**

Start by bending both knees and place them on the floor. Hands placed on the floor, shoulder in line to the wrists. Extend left leg up to the height of your hip straight behind your body as you extend the right arm straight out in front of your body. Keep your spine as straight as possible, no arching in the low back. Hold position for 10 seconds proceed to opposite side.

Modification: Lift the leg as high as you can with a slight bend in the knee.

Phase 1: Prime

"Slim Lean Fix"

DO 3 ROUNDS, REST 30 SECONDS

Core Lift Twist	10 reps
Core X-Lift Left	10 reps
Core X-Lift Right	10 reps
Ab Cincher	10 reps
Mountain Climber	10 reps
X-Climber	10 reps
Side Lunge Right/left	10 reps
Curtsey Lunge	10 reps
Pike Push-up	5 reps
Front Support Left/Right Knee In	10 reps
Roll-Up	5 reps
Spine Stretch	10 reps

Workout write-up:

Do 3 rounds, rest 30 seconds

1. **Cross X-Lift (10 reps)**

Begin with lying on the floor, both legs extended straight out. Right hand behind the head and extend the left arm straight above your head. Exhale as you lift your chest and right leg up to sky, the left hand touches your right leg. Lower chest arm and leg done and lift back up again. As you go through the movement keep your hips as still as possible and legs as active and straight as possible. Continue the same movement as you switch sides. Do not tuck your chin down. Keep your tummy pulled in at all times.

Modification: Bend both knees, keep the moving leg slightly bent as you execute the movement.

2. **Ab Cincher (10 reps)**

Start by lying down on the floor or on a mat. Bend both knees up into a tabletop position, lift chest up and place hands on your knees. Inhale extend both arms straight overhead and legs straight out in a 45 degree angle. Exhale as you circle your arms around and bend both knees back in. As you progress through the movement do not let your ribs thrust forward, pull your tummy in.

Modification: Keep your head down on the floor and keep a slight bend in both knees. Lift the legs up higher than a 45-degree angle. Do not let the legs drop low; if you do you may feel discomfort in your back.

3. **Mountain Climber (10 reps)**

Start with hands in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you alternate knees pulling in towards the chest.

Modification: Keep hands inline to your shoulder; bend both knees as you keep them down on

the floor. Pull your right knee in towards your chest push leg back and switch sides. Keep your tummy pulled in at all times.

4. **X-Climber (10 reps)**

Start with hands in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull in across to the left shoulder, push leg back as you alternate knees pulling in towards the opposite side.

Modification: Keep hands inline to your shoulder; bend both knees as you keep them down on the floor. Pull the right knee in towards the left shoulder, push leg back and switch sides. Keep your tummy pulled in at all times.

5. **Side Lunge (10 reps)**

Begin in a standing position, move the right foot for a big step out to the right side as you bend the opposite knee. Bring leg back to start position and repeat movement. Switch sides. Keep chest lifted at all times, do not drop your chest down towards your thighs.

Modification: Start by placing both hands on top of a chair. Take your right foot out the side and bend your left knee as low as you are able to. Switch sides.

6. **Curtsey Lunge (10 reps)**

Begin in a standing position, move the right foot to step behind your body to the left side. Bend both knees and move the right leg back to the starting position. Repeat movement and switch sides. As you progress through the movement keep your tummy pulled in and ribs down.

Modification: Start by placing both hands on top of a chair. Take your right foot behind your body moving it to the left side as you bend both knees as much as you can.

7. **Pike Push-Up (5 reps)**

Begin by placing your feet firmly on the floor, roll down and place hands on the floor. Open your feet so they are in the width of your shoulders. Keep your hips and glutes pressed up towards the sky. Bend both elbows out the side as you lower the top of your head down onto the floor. Extend arms back to the starting position. Keep both legs extended straight at all times and your tummy pulled in.

Modification: Slightly bend both knees; position your hands on the edge of a chair or the armrest of a couch. Bend your elbows as the top of your head touches down.

8. **Front Hold (5 reps)**

Start in a push up position. Hands down on the floor, both legs extended back behind you. Exhale as you lift the right leg up towards the sky. Keeping your pelvis still and not arching your back. Pull your tummy in at all times. Continue the movement for the prescribed rep count and switch sides.

Modification: Bend both knees down on the floor. Keep the left knee down on the floor as you

lift the right leg up and down. Tapping the toe to the floor. Switch sides.

9. **Forearm Plank Hip Twist**

Start with your tummy down on the mat or the floor. Push yourself up into a plank position while on your forearms. Holding yourself in this position twist at your waistline as you lower your hips down to the floor. Tuck the pelvis and tighten your tummy as to avoid getting in your back.

Modification: Bend both knees when starting the movement. Stay on your forearms as you lift your torso off the floor. Rotate at your waistline as you twist side to side.

10. **Roll-Up Knees Bent (5 reps)**

Control your movement and take your time. Extend arms straight in line to your head. Bend both knees and keep inner thighs and knees pressing together. Inhale and exhale as you roll to a sitting position.

Modification: Keep your torso down on the floor. Do not lift all the way up to sitting. Roll up to your midback then back down to the floor.

11. **Spine Stretch (5 reps)**

Begin by sitting on a mat or on the floor. Legs extended straight out in front your body. Arms straight out in front of your body in line to your shoulders. Exhale as you roll down one vertebra at a time bringing your hands towards your feet. Inhale hold the position; exhale as you restack your spine and roll back up to a sitting position.

Modification: Slightly bend both knees as you roll forward as far as you can and roll back up to a sitting position.

Phase 1: Prime

"Slimdown Sweat"

DO 3 ROUNDS, REST 30 SECONDS

Kneeling X-Climber	10 reps
Tuck-In Alternate	10 reps
Ab Cincher Head down	10 reps
Core V-Sit	10 reps
Core V-Twist	10 reps
Plank X-Roll	10 reps

Workout write-up:

Do 3 rounds, 10 reps, 30 second rest

1. **X-Climber (10 reps)**

Start with hands in line to your shoulder. Bend both knees, pull right knee in across to the left shoulder, push leg back as you alternate knees pulling in towards the opposite side.

Modification- Keep hands inline to your shoulder; bend both knees as you keep them down on the floor. Pull the right knee in towards the left shoulder, push leg back and switch sides. Keep your tummy pulled in at all times.

2. **Tuck In Alternate (10 reps)**

Start with both knees bent on the floor. Position yourself in a push up position, hands on the floor shoulders directly above. Bend right foot in to tap the mat, straighten leg back and switch sides. Alternate sides.

Modification- Do not position yourself up into a pushup position. Keep knees bent on the floor at all times. Alternate bringing the knee in towards the chest.

3. **Ab Cincher (head down) (10 reps)**

Start by lying down on the floor or on a mat. Bend both knees up into a tabletop position, lift chest up and place hands on your knees. Inhale extend both arms straight overhead and legs straight out in a 45 degree angle. Exhale as you circle your arms around and bend both knees back in. As you progress through the movement do not let your ribs thrust forward, pull your tummy in.

Modification- Keep your head down on the floor and keep a slight bend in both knees. Lift the legs up higher than a 45-degree angle. Do not let the legs drop low; if you do you may feel

discomfort in your back.

4. **Core V-Sit (10 reps)**

Sit straight up with knees bent, feet flat on the floor. Interlace hands behind head. Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine. Exhale lift both knees to the chest, shins parallel to the floor. Inhale lower feet to touch the floor. Repeat movement. Do not tuck your chin to your chest, maintain distance from your chin to your chest.

Modification – Keep both feet firmly placed on the floor, alternate lifting the knees to the chest. Do not move the legs together off the ground.

5. **Core V-Twist (10 reps)**

Sit straight up with knees bent, feet flat on the floor. Interlace hands behind head. Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine. Exhale twist to the left, pull left knee up towards the chest. Continue to twist side to side. Do not tuck your chin to chest, maintain distance from your chin to your chest.

Modification – Keep both feet firmly placed on the floor, as you twist side to side.

6. **Plank X-Roll (10 reps)**

Lay on your side, place right forearm down the floor. Bend both knees, push body up in a side plank position. Exhale rotate as you pivot your feet and keeping the left forearm on the floor. Inhale rotate back to the opposite side. Keep motion going by moving from one forearm to another, not allowing the hips to touch the floor.

Modification – Stay on side plank do not rotate to the opposite side. Lift up as high as possible off the floor.

Phase 1: Prime

"Lean Body Fix"

DO 4 ROUNDS, REST 15 SECONDS

Wide Step In Squat	10 reps
Leg Pulse Reach left/Right	10 reps
Side Line Drops	10 reps

Workout write-up:

Do 4 rounds, 10 reps rest 15 seconds

1. Wide Step In Squat (10 reps)

Start with hands in line to your shoulder. Both legs extended behind your body. Bring both legs into a wide position in a squat. Stand straight up. Bend back down and push legs back behind your body. Continue movement.

Modification- Use a chair, place in front of you, and position yourself in a wide stance. Squat down as low as you can. Repeat movement.

2. Leg Pulse Reach Left/Right (10 reps)

Position your back on the floor, shoulders pressed down to the floor. Palms face down, pressing the heel of the palm firmly to the floor. Bend both knees, articulate the spine as you roll your body up. Extend right leg straight up towards the sky, pulse the leg up for the prescribed count. Repeat on opposite side.

Modification: Slightly bend the leg that is reaching up towards the sky.

3. Side Line Drops (10 reps)

Begin on your side down on left knee. Left forearm placed firmly down on the floor. Keep shoulders stacked, do not let the top shoulder round forward or drop the head. Lift both hips off the floor. Lift the right leg off the floor, toe pointing down towards the floor. Right leg is positioned slightly forward of the body. Inhale lower the right leg down on the floor as the toe taps down to the floor. Exhale lift the leg up higher than the height of the hip. Repeat movement on opposite side.

Modification- Follow the instructions above to get into the position, instead of a straight leg, slightly bend the knee. Do not lift the hips off the floor; remain on the floor throughout the movement.