

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
30-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 series and 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: Core 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: Core workout series.

Phase 2: Core

"Core Slimdown"

DO 3 ROUNDS, 30 SECOND RECOVERY

Roll-Up Knees Bent	10 reps
Roll-Up Legs Straight	10 reps
AB Cincher	10 reps
Single Leg Switch	10 reps
Lunge Hop Right	15 reps
Lunge Hop Left	15 reps
London Bridge Glute Squeeze	10 reps
London Bridge Right Leg Lift	10 reps
London Bridge Left Leg Lift	10 reps
Forearm Plank Hip Twist Drop	10 reps
High Plank Twist Drop	10 reps
Prone Hitchhiker	10 reps (hold last rep for 20 secs)

Workout write up:

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 your 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. **AB Cincher (10 reps)**

Control your movement and take your time. Extend your arms straight behind you and legs extended in front and you circle arms around and place hands on tops of knees. Stay up off your shoulder blades if possible. Keep your abdominals pulled in at all times.

Modification: keep your head down throughout the entire move and keep knees slightly bent.

4. **Single Leg Switch (10 reps)**

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

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

5. **Lunge Hop Right/Left (10 reps)**

Begin with both legs straight side-by-side, bend right knee back into a lunge, and pull knee back up into a hop. Continue the same movement on the right side for the prescribed reps, move onto the opposite side.

Modification: Step back in the lunge, bend your knee as much as possible and bring the knee up towards your chest. Do not add a hop into the movement.

6. **London Bridge Glute Squeeze (10 reps)**

Begin with lying on your back with both knees bent and arms down along your side. Exhale as you roll up, keeping your shoulder, hip and knee in one line. Hold the position as you squeeze the glutes as tight as possible. Keep your tummy pulled in and belly button pulled in towards your spine to prevent the low back from arching.

Modification: Bring your hips up as high as possible. Keeping your belly button pulled in at all times. Hold this position as you squeeze your glutes as tight as possible.

7. **London Bridge Single Leg Lift – Right/Left Side (10 reps)**

Roll through your spine to bring your hips up. Do not let your low back arch. You will feel your glutes and hamstrings working. Keep belly button pulled in towards your spine as you lift right knee up and down tapping your toe to the floor. Switch sides. Be sure to keep your shoulders open at all times and hands firmly pressed to the floor.

Modification: Keep hips down on the floor as you lift and lower your knee.

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 you twist at the waistline from side to side.

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

9. **Prone Hitchhiker (10 reps)**

Keep your tummy pulled in from the beginning. Start by facing down onto the floor. Legs stay

firmly pressed to the floor. Arms extend straight out, off the floor. Thumbs pointed up towards the sky, open your arms out by your side. Circle arms back and forth in this position for the prescribed reps.

Modification: Place a rolled up towel under your hips, lift both arms off the floor as high as possible and lower them. Continue with this movement for the prescribed reps.

Phase 2: Core

“Fit and Firm”

** Stretch Band if desired**

DO 3 ROUNDS, 30 SECOND RECOVERY

X-Climber to Tuck In	10 reps
AB Cincher	10 reps
Single Leg Stretch	10 reps
AB Leg Switch Twist	10 reps
Sitting Bicep Curl (band optional)	10 reps
W (band optional)	10 reps
Low Row X-Pull (band optional)	10 reps
Right Clam Open + Pulses	15 reps + 20 Pulses
Left Clam Open Pulses	15 reps + 20 Pulses
Reverse Heel Press Right/Left	10 reps each side
Pivot Prone (band optional)	10 reps

Workout write-up:

1. X-Climber to Tuck In (10 reps)

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Holding yourself in a pushup position, jump both legs into the center and jump both legs back. Cross right knee in towards left shoulder, bring leg back to start position as you cross the left knee towards the right shoulder.

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. No jumping. Keep your tummy pulled in at all times.

2. AB Cincher (10 reps)

Start on the floor or on a mat, lying on your back. Brings legs up to a tabletop position, lift chest up and place hands on the knees. Inhale extend arms overhead and legs extended straight out. Circle arms around as you bend knees back to tabletop position and place hands on the knees.

Modification: Keep head down as you circle your arms around and back to starting position.

3. Single Leg Stretch (10 reps)

Start on the floor or on a mat, lying on your back. Brings legs up to a tabletop position, lift chest up and place hands on the knees. Extend right leg out as you keep the left knee bent. Place both hands on the right knee. Exhale to switch back and forth.

Modification: Keep your torso on the floor throughout the movement. Pull knee in closer to your waistline as you switch back and forth.

4. **AB Leg Switch Twist (10 reps)**

Start on the floor or on a mat, lying on your back. Brings legs up to a tabletop position, lift chest up and interlace hands behind the head. Extend right leg out as you keep the left knee bent, twist towards the bent knee. Continue to alternate the legs and twist. Keep elbows open and avoid tucking your chin in.

Modification: As you twist pull your knee in closer to your chest. Lifting your shoulders off the floor as high as possible.

5. **Sitting Bicep Curl to W (10 reps)**

Begin by sitting on the floor or a mat. Both legs extended straight out on the floor, place the band behind both feet. Holding each end with your hands, bend both elbows up for a bicep curl, extend straight bend elbows out to the side.

Modification: Sit with both knees slightly bent, do not use the band for resistance.

NOTE: You may or may not use the band, it is your preference if you'd like to add resistance.

6. **Low Row X Band Pull (10 reps)**

Use a stretch band for resistance. Start with both legs extended straight out on the floor. Place band behind the feet as you hold one side of each band with hands. Bend your elbows as you pull the band and move elbows towards your back. Continue this movement for the prescribed rep count.

Modification: Do not use the band to pull on. Instead move your arms forward and back. If you find it challenging to keep the legs straight, keep a slight bend in both knees.

NOTE: You may or may not use the band, it is your preference if you'd like to add resistance.

7. **Right/Left Clam Opens (10 reps)**

Using a stretch band for resistance. Start on your right side; tie the band around both legs above the knee. Keep knees bent, feet stacked together. Move the top leg open and close. Continue on this side for the prescribed reps, continue onto the left side for the same prescribed reps. Keep your tummy pulled in at all times.

Modification: Do not use the stretch band for resistance. Keep both knees bent and feet stacked together. Open and close the legs for the prescribed amount.

NOTE: You may or may not use the band, it is your preference if you'd like to add resistance.

8. **Reverse Heel Press (10 reps)**

Start with both knees bent on the floor and hands positioned on the floor directly in line to the shoulders. Keep the right knee bent as you lift the heel to press to the sky. Lower and lift the knee for the prescribed rep count. Keep your pelvis as still as possible as to not allowing rocking or arching of the low back. Continue movement on the opposite side.

Modification: Position yourself facing the wall with hands on the wall for stability. Bend right knee and press the heel behind you, continue same movement on the opposite side.

9. **Pivot Prone (band optional) (10 reps)**

Use a stretch band for resistance. Start with positioning your tummy down on the floor. Extend both legs extended straight out on the floor. Both arms extended out overhead holding the band in each hand. Lift the chest as you pull the band to the top of your head. Extend as you straighten both arms back.

Modification: Do not use the band to pull on. Instead move your arms forward and back as you bend your elbows.

NOTE: *You may or may not use the band, it is your preference if you'd like to add resistance.*

Phase 2: Core

“Core Booty Buster”

DO 4 ROUNDS, 30 SECONDS REST

Diamond	10 reps
Diamond Twist	10 reps
Floating Diamond	10 reps
Diamond Extension	5 reps
Forearm Plank Hip Twist Drop	15 reps
X-Climber	15 reps
Roll-Up Knees Bent	5 reps
Roll-Up Legs Straight	5 reps
Reverse London Bridge T-Dip	10 reps
Reverse Diamond Heel Press + Pulse	10 reps + 10 pulses
Pointer Touch	10 reps each side

Workout write-up:

Do 4 rounds, 30 second rest

1. **Diamond (10 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your chest up towards the sky. Focus on placement of your hips and pelvis keep them pushing down on the floor.

Modification: If the mobility in your hips is stopping you from allowing your hips to open, place a pillow underneath each knee to help with the positioning.

2. **Diamond Twist (10 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your chest up towards the sky and twist to one side, lower your chest down to the floor and come up to twist to the opposite side. Focus on placement of your hips and pelvis keep them pushing down on the floor.

Modification: If the mobility in your hips is stopping you from allowing your hips to open, place a pillow underneath each knee to help with the positioning.

3. **Floating Diamond (10 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your feet off the floor and letting them hover. Exhale lift your chest off the floor to the sky and lower back down. Keep your pelvis as still as possible by pulling your tummy in.

Modification: If the mobility in your hips is stopping you from allowing your hips to open, place a pillow underneath each knee and feet to help with the positioning.

4. **Diamond Extension (10 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your chest up towards the sky and hold the position. Exhale as you extend and straighten both legs straight out and bend knees back in. Keep your pelvis as still as possible by pulling your tummy in.

Modification: If the mobility in your hips is stopping you from allowing your hips to open, place a pillow underneath each knee and feet to help with the positioning.

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

Begin by positioning yourself on your forearms up into a plank position. Keep both legs extended straight back. Hold your position as you twist your hips side to side.

Modification: Bend both knees down to the floor. Twist at your hips.

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

Start in a push up position, hands down on the floor positioned directly underneath your shoulders. Extend legs back behind you, alternate the legs as you bend the right knee to cross in to your left side extend straight back to the starting position and alternate sides. Continue the movement for the prescribed rep count.

Modification: Do not extend both legs back, instead bend both knees, alternate as you pull into opposite side.

7. **Roll Up Bent Knees (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.

8. **Roll Up Straight Legs (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 while keeping your abdominals pulled in.

9. **Reverse London T-Dip (10 reps)**

Take your time and control your movement! Do not let your chest sink down. Sit on the floor, knees bent with hands placed behind your body. While keeping your abdominals pulled in lift hips up. Inhale bend elbows back as your hips lower to the floor and exhale straighten your arms as your hips push back up to a tabletop position.

Modification: Use a dumbbell to hold onto to relieve any pressure off your wrists. Do not lift your hips up to high, go only half way.

10. **Reverse Diamond Heel Press Pulse (10 reps)**

Start by lying on your tummy, bend both knees and touch heels together. Bend elbows and place head down on your hands. Press pelvis and hips into the floor as you press heels up towards the sky. Continue for the prescribed reps and add the pulses after you press for 10.

Modification: Stand with both legs straight facing the wall. Bend the right knee with heel positioned behind you. Press the heel behind you as you press the heel for the prescribed rep count. Switch sides.

11. **Pointer Touch (10 reps)**

Begin by bending both knees and placing your hands on the floor directly underneath your shoulder. Extend right leg back behind you and left arm out in front of you. Bend knee in and bend elbow in to touch, extend arm and leg back to starting position. Proceed to the opposite side.

Modification: Keep you hand down on the floor at all times. Do not take hand off the floor. Lift right leg up off the floor, bend knee in towards the chest and extend back behind to starting position.

Phase 2: Core

“Fab Core Burn”

DO 4 ROUNDS, 30 SECOND REST

Core Lift	10 reps
Core Lift Twist	10 reps
Tuck In	15 reps
Fire Hydrant Left Leg Lift + Pulse	10 reps + 10 pulses
Fire Hydrant Right Leg Lift Pulse	10 reps + 10 pulses
Left Heel Press + Pulse	10 reps + pulses
Right Heel Press + Pulse	15 reps + pulses
Forearm Plank Pelvic Tilts	20 reps
Forearm Plank Hip Twist drops	10 reps
Prone Hitchhiker	10 reps + 20 second hold at end

Workout write-up:

Do 4 rounds, rest 30 seconds

1. **Core Lift (10 reps)**

Begin with lying on the floor, both hands interlaced behind your head. Knees bent with feet firmly pressed on the floor. Exhale as you lift your chest up and shoulders off the floor. Do not tuck your chin down. Hold at the top position then lower yourself back onto the floor.

Modification: Lift your shoulders off the floor as high as possible. Do not lift to high that your low back starts to arch.

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

Begin in a pushup position, legs extended straight behind you and arms straight down. Jump both knees in towards your chest and push back out.

Modification: Start with both arms straight down on the floor, do not jump both knees at the same time. Instead bend one knee in at a time and alternate.

3. **Core Lift Twist (10 reps)**

Begin with lying on the floor, both hands interlaced behind your head. Knees bent with feet firmly pressed on the floor. Exhale as you lift your chest up and shoulders off the floor. Do not tuck your chin down. Hold at the top position then lower yourself back onto the floor.

Modification: Lift your shoulders off the floor as high as you can to start with, do small twist side to side as you continue through the movement.

4. **Fire Hydrant Lift Right/Left (10 reps)**

Start with bending your knees and placing your hands on the floor. Lift the left knee out to the side keeping it bent at all times. Lift and lower the knee out to the side as per the prescribed reps.

Modification: Use a towel to roll up and place underneath the knees for support. Or stand facing the wall, position your hands on the wall as you bend your knee and press back, follow the same movement on the left side.

5. **Fire Hydrant Lift Right/Left Pulse (15 reps)**

Bend both knees down onto the floor, place your hands on the floor. Lift the left knee out to the side, hold in this position for pulses. Do not lower the knee at any time.

Modification: Use a towel to roll up and place underneath the knees, for support. Or stand facing the wall, position your hands on the wall as you bend your knee and press back, follow the same movement on the opposite side.

6. **Heel Press Right/Left (10 reps)**

Bend both knees down onto the floor, hands on the floor keeping them in line to the shoulders. Keep the right knee bent as you press the heel to the ceiling, lower the knee down and press back up. Keep your tummy pulled in tight without allowing the back to arch. Repeat same movement on the left side.

Modification: Roll up a towel and place underneath the knees for support. Or stand facing the wall, position your hands on the wall as you bend your knee and press your heel straight back behind you.

7. **Kneeling Forearm Plank Pelvic Tilts (10 reps)**

Start in a plank position forearms down onto the floor, both knees bent. Hold position as you tuck your pelvis under. Keep your tummy pulled in and do not arch your back.

Modification: Stand against a wall, hands positioned against it. Hold in this position as you tuck your pelvis under and tighten your tummy at the same time.

8. **Kneeling Forearm Plank Twist Drop (10 reps)**

Start in a plank position forearms down onto the floor, both knees bent. Hold position as you twist your hips to each side. Keep your tummy pulled in and do not arch your back.

Modification: Stand against a wall, hands placed directly in front of you. Hold in this position as you twist your hips side to side. Do not twist at your shoulders, keep them as still as possible.

9. **Prone Hitchhiker (10 reps)**

Start by lying face down on the floor, legs extend straight back behind you and arms extended out in front of you. Keep your eyes facing down to the floor. Position your thumbs up towards the sky, open your arms out to the side of your body and bring back to the starting position.

Modification: Sit on a chair with both arms down your side. Bring arms up towards the sky, thumbs pointed behind your body. Move arms up & down your side as you sit as tall as possible in your chair.

Phase 2: Core

“Lean Body Core”

DO 4 ROUNDS, REST 15 SECONDS

X-Climber	15 reps
Tuck In	15 reps
X-Pushup Lift	15 reps
X-Pushup Back	15 reps
Tricep Seesaw	15 reps
Prone Hitchhiker	15 reps

Workout write-up:

Do 4 rounds, rest 15 seconds

1. **X-Climber (15 reps)**

Start in a push up position, hands down on the floor positioned directly underneath your shoulders. Extend legs back behind you, alternate the legs as you bend the right knee to cross in to your left side extend straight back to the starting position and alternate sides. Continue the movement for the prescribed rep count.

Modification- Do not extend both legs back, instead bend both knees, alternate as you pull into opposite side.

2. **Tuck In (15 reps)**

Begin in a pushup position, legs extended straight behind you and arms straight down. Jump both knees in towards your chest and push back out.

Modification- Start with both arms straight down on the floor, do not jump both knees at the same time. Instead bend one knee in at a time and alternate.

3. **X-Pushup Lift (15 reps)**

Start with legs straight back, toes curled under. Hands placed down directly under the shoulder. Bend elbows back as you straighten the arms while lifting the right leg off of the floor up to the sky. Inhale lower the right leg back to the floor and bend elbows back for a pushup. Repeat motion on the same side, switch sides.

Modification – Move the opposite leg from a straight position down to a kneeling position. This will help beginners and will help to ease off any pressure on your back.

4. **X-Pushup Back (15 reps)**

Place both knees on the floor. Hands placed down directly under the shoulder. Bend elbows back towards the waistline for a tricep push up. Lift right leg up as you bend elbows back

behind you. Straighten arms as toe touches the floor. Continue movement for the prescribed reps. Continue on opposite side.

Modification: Keep both legs down on the floor as you bend elbows back behind you.

5. **Tricep Seesaw (15 reps)**

Start with the legs behind the body, left knee bent down to the floor. Right leg extended straight behind, toe pressed to the floor. Hands placed down directly under the shoulder. Inhale bend elbows back for a tricep pushup. At the same time right leg lifts up towards the sky. Exhale straighten the arms while lowering the right leg down to the floor. Repeat motion on the same side for the suggested reps then switch sides.

Modification- Move the opposite leg from a straight position down to a kneeling position.

6. **Prone Hitchhiker (10 reps)**

Start by lying face down on the floor, legs extend straight back behind you and arms extended out in front of you. Keep your eyes facing down to the floor. Position your thumbs up towards the sky, open your arms out to the side of your body and bring back to the starting position.

Modification: Sit on a chair with both arms down your side. Bring arms up towards the sky, thumbs pointed behind your body. Move arms up and down your side as you sit as tall as possible in your chair.

Phase 2: Core

“Lean Tummy Burn”

DO 4 ROUNDS, REST 15 SECONDS

X to Mountain Climber	10 reps
AB Leg Reach	10 reps
AB Leg Reach Reverse	10 reps
AB Leg Switch	10 reps
Roll Up Prep	10 reps

Workout write-up:

Do 4 rounds, rest 15 seconds

1. X-Climber to Mountain Climber (10 reps)

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Holding yourself in a pushup position cross right knee in towards left shoulder, bring leg back to start position as you cross the left knee towards the right shoulder. Move leg in to the center alternating the legs.

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. No jumping. Keep your tummy pulled in at all times.

2. AB Leg Reach (10 reps)

Position yourself on your back. Interlace hands behind your head, do not tuck chin into chest. Exhale lift chest up towards thighs. Bring both legs up to a tabletop position, extend right leg straight up to the sky. Keep left leg extended straight out. Stay in a chest lift throughout the entire movement. Inhale lower right leg down towards the floor as you bend the left knee in. Extend left leg straight up towards the sky as the right leg stays towards the floor. Continue movement in a cycle motion.

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.

3. AB Leg Reach Reverse (10 reps)

Same position as above, but reverse the direction. Interlace hands behind your head, do not tuck chin into chest. Exhale lift chest up towards thighs. Bring both legs up to a tabletop position, extend right leg straight up to the sky. Keep left leg extended straight out. Stay in a chest lift throughout the entire movement. Inhale lower right leg down towards the floor as you bend the left knee in. Extend left leg straight up towards the sky as the right leg stays towards the floor. Continue movement in a cycle motion.

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.

4. **AB Leg Switch (10 reps)**

Start on the floor or on a mat, lying on your back. Bring legs up to a tabletop position, lift chest up and interlace hands behind the head. Extend right leg out as you keep the left knee bent, twist towards the bent knee. Continue to alternate the legs and twist. Keep elbows open and avoid tucking your chin in.

Modification: As you twist pull your knee in closer to your chest. Lifting your shoulders off the floor as high as possible.

5. **Roll Up Prep (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.