

**LEAN BODY SHAPE**



**Booty Pump**

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# Table of Contents

Congratulations.....	4
What to Expect .....	5
How To Use .....	5
Exercise Illustrations.....	5-14
Workout Plan .....	15-16
Timed Booty Lifter Workout Plan .....	17

## Congratulations!!

Hi! Sylvia here...and I'm excited for to take the next step and discovering how Pilates can firm, tighten and lift your booty and finally lose the unwanted weight with these specific Pilates moves.

You will find illustrations of each Pilates exercise along with detailed step-by-step guide to executing each and every move. If you find yourself struggling with completing 10 repetitions of a particular move use the seconds allocated for each move do not get discouraged, you will gain strength and endurance with each move.

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

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. Keep your abdominals in and 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!*

Sylvia Favela

Pilates Health & Wellness Expert

## **What To Expect**

The Pilates Booty Pump program is designed to provide you with a series of booty firming, cellulite diminishing workouts to reshape and plump a saggy butt.

All you have to do is give this manual a short read, which will take just a few minutes and from there you can get started using your Lean Booty Pump program.

By staying consistent with your workouts and add in resistance to your core workouts you will stay on track, you will coordinate your movements and feel yourself getting stronger each day.

Following these routines will dramatically tone, lift and tighten your booty. You'll feel fit and strong as you progress through each series of workouts.

## **How To Use The Lean Booty Pump Program**

The manual has been created for you to use along with your Lean Booty Pump program. You'll find a series of Booty Pumps exercises with illustrated pictures and step-by-step instructions in executing each exercise.

### **Directions:**

The entire Lean Booty Pump program can be printed out to help you with your success. At the bottom of the manual you will find: Workout #1, Workout #2, and Workout #3 and an EXTRA CREDIT Extreme Timed Booty Workout!

These workouts have been designed for you to use synergistically with your Bodyweight Pilates program.

Simply pick which workout you want to do that day and follow along with the exercises as described below.

However, these workouts are effective enough to use, as it's own stand-alone workout when you want to really feel the burn in your booty.



### **Side Knee Kick**

- *Bend one knee on the floor.*
- *Opposite leg up and straight out in line to your hip.*
- *Place top hand behind your head.*
- *Keeping your hips stacked on top of each other.*
- *Draw the rib cage in and down towards the waistline.*
- *Do not arch your back, lengthen the back and lift the pubic bone up.*
- *Inhale pull knee into your chest.*
- *Don't roll your shoulders forward or drop your head.*
- *Keep your head lifted and chest lifted.*
- *Exhale extend leg straight back out in line to your hip.*
- *Try to avoid the temptation of dropping the leg.*
- *Repeat motion.*
- *Repeat the movement up to 10 repetitions*

**Side Note:** *As you progress through the movements keep your pelvic floor engaged. Do not arch your back as your leg moves back and forth. You will feel your butt and hips cramp. You are deeply targeted the glutes, so it is normal to feel this type of cramping.*



## **Side Leg Kick**

- *Go down on one knee*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Bend one knee on the floor.*
- *Opposite leg up and straight out in line to your hip.*
- *Place top hand behind your head.*
- *Keeping your hips stacked on top of each other.*
- *Draw the rib cage in and down towards the waistline.*
- *Do not arch your back, lengthen the back and lift the pubic bone up.*
- *Inhale bring top as far forward as possible without dropping the leg lower than the height of your hip.*
- *Don't roll your shoulders forward or drop your head.*
- *Keep your head lifted and chest lifted.*
- *Exhale keep your leg extended straight out and back in line to your hip.*
- *Try to avoid the temptation of dropping the leg.*
- *Do not lock your knee out or hyper extend your knee, keep your leg actively working by tightening above your kneecap.*
- *Repeat motion.*

**Side Note:** *As you progress through the movements keep your pelvic floor engaged. Do not arch your back as your leg moves back and forth. You will feel your butt and hips cramp. You are deeply targeted the glutes, so it is normal to feel this type of deep pitching sensation.*



## ***Lunge Reach***

- *Begin by standing right leg in front.*
- *Bend both knees down into a lunge position.*
- *Interlace hands behind your head.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Keep the heel lifted on the back foot.*
- *Do not let your front knee come forward in front of your foot.*
- *Inhale lengthen your back and bring your chest towards your thigh.*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Do not roll your shoulders forward or round your back.*
- *Exhale bring your torso back over your hips*
- *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.*
- *Repeat movement on the same leg then switch sides.*
- *Keep your pelvis still and square.*
- *Repeat the movement up to 10 repetitions*

***Side Note:*** *Make sure to keep your front knee behind your toe. Push your butt back and keep your hip in line to the back bent knee.*





## **Booty Bridge**

- *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*



## **Booty Leg Raises**

- *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.*
- *Exhale extend leg straight up toward the ceiling.*
- *Keep leg long and reaching up.*
- *Foot flexed flat.*
- *Inhale lengthen the leg and bring it down towards the floor.*
- *Keeping the leg straight.*
- *Exhale bring leg back up towards the ceiling.*
- *Keep hips square and up, do not let them drop down as you move the leg up and down.*
- *Repeat movement on one-leg and switch sides.*

**Side Note:** *You are targeting your deep abdominal muscles, lower back, hamstrings and glutes. As you progress through the movement keep your pelvic floor engaged. Do not let your hips drop as you go through the movement keep them square to the floor.*



## **Booty Leg Pulse**

- 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.
- Exhale extend leg straight up toward the ceiling.
- Keep leg long and reaching up.
- Hold position and pulse leg up towards the sky.
- Exhale on every pulse up towards the sky.
- Inhale 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 articulate the spine and roll back up towards the sky.
- Extend opposite leg out and pulse up towards the ceiling.
- Keep your pelvis still and square.

**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 let the hips drop down to the floor keep them up and square to the floor.



## **Lunge Lift**

- *Begin by bringing your right knee forward in front.*
- *Bend both knees down into a lunge position.*
- *Hands placed on your hips.*
- *Draw the rib cage in and down towards the waistline.*
- *Keep the heel on your back foot lifted at all times.*
- *Do not let your front knee come forward in front of your toes.*
- *Right knee is bent and keep your thigh parallel to the floor.*
- *Draw your belly button into your spine.*
- *Do not roll your shoulders forward or round your back.*
- *Exhale extend the back leg straight.*
- *Both legs are extended straight, do not let your knees bend at any time.*
- *Squeeze your glutes on your way up, pressing your toes firmly on the floor.*
- *Inhale bend both knees back down parallel to the floor.*
- *Exhale repeat motion.*
- *As you move up and down squeeze above your kneecap and keep your glutes tight at all times.*
- *Repeat movement on the same leg then switch sides.*
- *Keep your pelvis still and square.*
- *Repeat the movement up to 10 repetitions*

**Side Note:** *Make sure to keep your front knee behind your toe. Push your butt back and keep your hip in line to the back bent knee. When you bend both knees press the heel in front foot firmly on the floor and press the toes firmly into the floor as your extend straight up.*



### ***Plie Side Step***

- *Begin standing heels pressed together, hips externally rotated.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Keep shoulders over the hips at all times.*
- *Hands on your hips.*
- *Inhale take a big step to the side by moving your left foot out to the side, keeping your hips externally rotated.*
- *Your toes should be pointed to the side of the room, your knee in line to your toe.*
- *Do not let your knee come towards the center.*
- *Squeeze the side of the glutes to stay in proper form.*
- *Knee never goes over your toes or out of alignment of your toes.*
- *Exhale bring the heel back to start position and squeeze the inner thighs together to stand straight up and tall.*
- *Do not lean your body forward, you want to keep your shoulders over your hips.*
- *Lengthen your back and lift your pubic bone, by doing so you will feel your glutes engaged deeper.*
- *Repeat movement on the same leg and switch sides*

***Side Note:*** *You are targeting your glutes, inner and outer thighs. It is very important to keep your knee tracking in the same line as your big toe. If your knee moves out of alignment you may experience knee discomfort. Be mindful and control your move, do not lock your knees out. As you move back and forth use the muscles in your legs by tightening above your knee to avoid hanging in your joints. As you progress through the movement keep your pelvic floor engaged and do not arch your back.*



## **Plie Heel Lift**

- *Begin standing in a wide Plie position heels pressed down towards the floor.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Keep shoulders over the hips at all times.*
- *Hands on your hips.*
- *Inhale bend both knees, keeping your thighs parallel to the floor.*
- *Inhale lift your heels, you will be on your toes.*
- *Exhale lower your heels.*
- *Inhale repeat move.*
- *Keep your body low and do not bounce or lift your hips up.*
- *Do not let your knee come forward to the center, keep your knee tracking to the side of the room. You want your knee following the same line of your big toe.*
- *Squeeze the side of the glutes to stay in proper form.*
- *Knee never goes over your toes or out of alignment of your toes.*
- *Do not lean your body forward, you want to keep your shoulders over your hips.*
- *Lengthen your back and lift your pubic bone, by doing so you will feel your glutes engaged deeper.*
- *Repeat movement on the same leg and switch sides*

**Side Note:** *You are targeting your glutes, hamstrings, inner and outer thighs. It is very important to keep your knee tracking in the same line as your big toe. If your knee moves out of alignment you may experience knee discomfort. Be mindful and control your move, do not lock your knees out. As you move back and forth use the muscles in your legs by tightening above your knee to avoid hanging in your joints. As you progress through the movement keep your pelvic floor engaged and do not arch your back.*

# Lean Booty Pump Workout Plan

*Choose one workout a day*

*Rotate each workout every other day for ultimate results*

*No rest between each exercise, move as quickly as possible from one exercise to the other.*

## Workout One

Lean Booty Pump Exercise:	Rep Scheme:
Side Knee Kick	30 seconds or 20 reps
Side leg Kick	30 seconds or 20 reps
Lunge Reach	30 seconds or 20 reps
Lunge Lift	30 seconds or 20 reps
Plie Side Step	30 seconds or 20 reps
Plie Heel Lift	30 seconds or 20 reps
Booty Bridge	30 seconds or 20 reps
Booty Leg Raises	30 seconds or 20 reps
Booty Leg Pulse	30 seconds or 20 reps
Side Knee Kick	30 seconds or 20 reps

## Workout Two

Lean Booty Pump Exercise:	Rep Scheme:
Booty Bridge	30 seconds or 20 reps
Booty Leg Raises	30 seconds or 20 reps
Booty Leg Pulse	30 seconds or 20 reps
Side Knee Kick	30 seconds or 20 reps
Side Leg Kick	30 seconds or 20 reps
Lunge Reach	30 seconds or 20 reps
Lunge Lift	30 seconds or 20 reps
Plie Side Step	30 seconds or 20 reps
Plie Heel Lift	30 seconds or 20 reps
Plie Side Step	30 seconds or 20 reps

## Workout Three

### Lean Booty Pump Exercise:

### Rep Scheme:

Plie Side Step	20 seconds or 10 reps
Plie Heel Lift	20 seconds or 10 reps
Lunge Lift	20 seconds or 10 reps
Lunge Reach	20 seconds or 10 reps
Booty Bridge	20 seconds or 10 reps
Booty Leg Raises	20 seconds or 10 reps
Booty Leg Pulse	20 seconds or 10 reps
Side Knee Kick	20 seconds or 10 reps
Side Leg Kick	20 seconds or 10 reps
Lunge Lift	20 seconds or 10 reps
Lunge Reach	20 seconds or 10 reps
Plie Side Step	20 seconds or 10 reps
Plie Heel Lift	20 seconds or 10 reps
Lunge Lift	20 seconds or 10 reps
Lunge Reach	20 seconds or 10 reps



# Extreme Timed Booty Lifter Workout

Extra credit Booty Pump Workout, use a timer.

Lean Booty Pump Exercise	Time – On each side
Side Knee Kick	20 seconds (on each leg)
Side Leg Kick	20 seconds (on each leg)
Booty Bridge	20 seconds
Booty Leg Raises	20 seconds (on each leg)
Booty Leg Pulse	20 seconds (on each leg)
Side Knee Kick	20 seconds (on each leg)
Side Leg Kick	20 seconds (on each leg)
<b>Rest 20 seconds</b>	
Lunge Lift	20 seconds (on each leg)
Lunge Reach	20 seconds (on each leg)
Plie Side Step	20 seconds (on each leg)
Plie Heel Lift	20 seconds (on each leg)
Lunge Lift	20 seconds (on each leg)
Lunge Reach	20 seconds (on each leg)
Plie Side Step	20 seconds (on each leg)
<b>Rest 20 seconds</b>	
Booty Leg Raises	30 seconds (on each leg)
Booty Leg Pulses	30 seconds (on each leg)
Booty Bridge	30 seconds
Plie Heel Lift	30 seconds (on each leg)
Plie Side Step	30 seconds (on each leg)
Lunge Reach	30 seconds (on each leg)
Lunge Lift	30 seconds (on each leg)