

Pilates Workout Sheets

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Welcome!

Congratulations on taking the next step and discovering how Pilates can help give you firm - sexy abs and a fit physique with these specific Bodyweight Pilates moves.

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

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, maintain tension and engage your abdominals while practicing your moves. 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

What To Expect

The Pilates Workout Sheets have been created to give you a go-to plan for using the Pilates system in the most efficient way.

By staying consistent with your Pilates regimen you'll stay on track and learn to coordinate your movements for the most effective workout.

Following these routines will dramatically tone and firm your physique. You'll feel fit, stronger, and healthier as you progress through each series of workouts.

How To Use The Pilates Workout Guide

This guide has been created to fit your fitness level, Beginner, Intermediate and Advanced.

Each guide gives you printable workout sheets for you to take with you anywhere, anytime.

Each series of workout sheets has been divided into Beginner, Intermediate, and Advanced.

Commence your workout using the Beginner Workout Sheets and progress to the next level – Intermediate – Advanced.

Workout Sheet Instructions:

These Workout Sheets were designed to help you achieve your goal and stay on track with your Bodyweight Pilates System. Simply print out the sheets as a quick reference!









Quick Go-To workout at home or take them with you to the gym.

You'll be 100% prepared for every workout after printing out your daily workout sheet with your entire workout laid out for you: Pilates exercise order, sets, reps and exercise descriptions.

Each workout sheet includes a picture of the Start and Finish position so you'll never say, "How do I do that move again?"









Beginner

"ROCKIN CORE"

Exercise	Rounds	Reps	Start	Finish
<i>Ab Side Twist</i>	3	8		
<i>Core V</i>	3	8		
<i>Hammy Lift</i>	3	8		
<i>Tricep Seesaw</i>	3	8		









Beginner

“FIT N’ SEXY”

Exercise	Rounds	Reps	Start	Finish
Ab Leg Reach	3	10		
Thigh Slimmer	3	10		
Roll Up	3	8		
Pyramid Pushup	3	8		









Beginner

“QUANTUM OF SWEAT”

Exercise	Rounds	Reps	Start	Finish
Ab Reach Switch	3	8		
Butt Lifter	3	10		
Plank Up	3	5		
Leg Lifts	3	10		









Beginner

"SEXY BEASTIE"

Exercise	Rounds	Reps	Start	Finish
<i>Roll Up Curl</i>	3	8		
<i>Hammy Lift</i>	3	8		
<i>Ab Leg Reach</i>	3	8		
<i>Tricep Round Down</i>	3	8		









Intermediate

"SEXY TIME"

Exercise	Rounds	Reps	Start	Finish
Core Cincher	3	12		
Leg Lifts	3	12		
T-Roll Over	3	12		
Plank X-Roll	3	10 sec each side		









Intermediate

"HOT PANTS"

Exercise	Rounds	Reps	Start	Finish
<i>T-Extension</i>	3	12		
<i>Wall V-Sit Heel Lift</i>	3	12		
<i>Thigh Slimmer</i>	3	12		
<i>Plank X-Roll</i>	3	12		









Intermediate

"TONE IT UP"

Exercise	Rounds	Reps	Start	Finish
V-Twist	3	12		
Pyramid Push-Up Lift	3	12		
Core Cincher	3	12		
Leg Pulse Reach	3	12		









Intermediate

"HOT MESS"

Exercise	Rounds	Reps	Start	Finish
Ab Leg Reach	3	12		
Toe Reach	3	12		
Side Twist	3	12		
Plank X-Roll	3	15 sec each side		









Advanced

"HALO OF SWEAT"

Exercise	Rounds	Reps	Start	Finish
<i>T-Extension</i>	4	10		
<i>Tricep Roll Down</i>	4	10		
<i>Wall Knee Lift</i>	4	10		
<i>Ab Kick Push-up</i>	4	10		









Advanced

"HOT FIT & TIGHT"

Exercise	Rounds	Reps	Start	Finish
<i>T-Leg Switch</i>	3	15		
<i>Hammy Kick</i>	3	15		
<i>X-Pushup Back</i>	3	15		
<i>Plank X-Roll</i>	3	20 sec hold each side		







Advanced

"MAJOR HOT ABS"

Exercise	Rounds	Reps	Start	Finish
<i>T-Extension Out</i>	3	15		
<i>Core Twist-V</i>	3	15		
<i>Push-Up X Twist</i>	3	15		
<i>Side Line Drops</i>	3	15		

Advanced

"SEXY TO THE CORE"

Exercise	Rounds	Reps	Start	Finish
Ab Cincher	4	15		
Side Line Kick	4	15		
Plank Reach	4	20 sec hold each side		
Ab Twist Bend	4	15	