



Congratulations! Below is your “Core Body Weight with Pilates”

Hi...I'm Sylvia Favela, people call me the “Queen of Pilates”, I'm the Pilates expert on strengthening your Core. 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 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 a novice to Pilates, advanced or a top fitness athlete, this Pilates system is geared to challenge any fitness level by carefully incorporating these exercises to your fitness 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.

You will find 31 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 existing workouts or your new fitness routine.

At the end of the illustrations are 3 Done-For-You workout plans for you to plug into your daily training. Each Workout plan is divided into 3 sets, each set includes 7 Pilates exercises with the seconds/repetitions suggested. Depending on the fitness level of your group, you have the option to choose either seconds or reps of each exercise.

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 12 reps, reduce this count to half if you find your clients 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.

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

Enjoy and have fun!

Sylvia Favela

“Queen of Pilates”

<http://www.360PilatesWorkout.com>

Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

“Core Body Weight with Pilates” eBook is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you or your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Core-V



- Sit straight up with knees bent, feet flat on the floor,
- Interlace hands behind head.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.
- Exhale lift both feet off the floor, keeping both knees pressed together.
- Keep both legs firmly pressed together by engaging the inner thighs and glutes.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.
- Inhale lower feet down to the floor.
- Repeat movement.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

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

Side Note: You are targeting your deep abdominal muscles, obliques and back extensors.

Core-V Sit



- Sit straight up with knees bent, feet flat on the floor,
- Interlace hands behind head.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.
- Exhale bring both knees up to the chest, shins parallel to the floor.
- Keep both knees and feet firmly pressed side by side and together.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.
- Inhale lower feet down to the floor.
- Repeat movement.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

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

Side Note: You are targeting your deep abdominal muscles, obliques and back extensors.

Core-V Twist



- Sit straight up with knees bent, feet flat on the floor,
- Interlace hands behind head.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.
- Exhale bring both feet off the floor, knees up towards the chest.
- Exhale twist to the left, pull left knee up towards the chest.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.
- Inhale switch to the opposite side, twist to the right and pull the right knee in toward the chest.
- As you continue to twist side to side, the foot hovers the floor at all times.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

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

Side Note: You are targeting your deep abdominal muscles, obliques and back extensors.

Core-V Leg Switch



- Sit straight up with knees bent, feet flat on the floor,
- Interlace hands behind head.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.
- Exhale bring both knees up, shins parallel to the floor.
- Keep both legs firmly pressed together.
- Exhale as you keep your shoulders and chest still and extend the left leg out.
- Right knee remains bent.
- Inhale as the legs switch.
- Exhale extend the right leg straight out as the left knee bends in.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.
- Do not let the back round or toes drop during the movement.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.
- Continue movement per the reps suggested.

*****Modifications – Instead of placing both hands behind the head, place the hands down to the side and continue the movement with the legs.***

Side Note: You are targeting your deep abdominal muscles, obliques and back extensors.

V-Twist



- Sit straight up with knees bent, feet flat on the floor,
- Interlace hands behind head.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.
- Keep both legs and knees firmly pressed together side by side.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.
- Keep both knees equal and together during the entire movement.
- Exhale twist to the right as you keep hips and glutes firmly pressed to the floor.
- Do not let the back round or allow the shoulders to come up towards the ears.
- Do not move your head forward of your shoulders or tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

****Modification** – Instead of holding the legs in a bent position, move the knees away from the body just slightly.

Side Note: You are targeting your deep abdominal muscles, obliques and back extensors.

Ab Side Twist



- Lie on your back; bring legs up at a tabletop position.
- Keep shoulders down and arms straight out, palms facing up.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be flat, do not round.
- Draw ribs towards each other by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Inhale twist at the waistline and bring the legs to the left side of your body.
- Exhale draw the legs back to beginning position.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inhale rotate and twist at the waistline towards the right.
- Exhale back to start position.
- As you rotate from sides to side, do not let the knees come in past the line of your hip.
- Continue movement side to side.
- Keep inner thighs engaged and knees together.
- The shoulders will want to come up, keep them down on the floor. Move your legs as far over to the point where you can't keep your shoulders down.
- The knees and feet will want to slip away from each other, keep them together by moving through the hips.

*****Modification – Keeping the knees bent at table top position is a challenge, to modify this moves pull the knees in slightly closer to your chest. This will help beginners and will help to ease off any pressure on your back.***

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.

Core Cincher



- Lay flat on the floor.
- Exhale chest lift up towards your thigh, place hands on the knees
- Bend both knees and bring them up to 90 degrees – tabletop position.
- Stay in a chest lift throughout the entire movement.
- Inhale extend arms over your head and both legs straight out together to a 45 degree angle.
- Keep both legs lengthened and as straight as possible by tightening right above your kneecap.
- Slowly draw the rib cage in and down towards the waistline.
- Avoid neck pain by letting your head lay heavy in your hands.
- Exhale draw legs back to tabletop.
- Do not let the legs come in closer than the line of your hip.
- Abdominals are working the whole time; there is no rest when the legs come in.
- Keep your shoulders down towards your waistline.
- Avoid the temptation to thrust the ribs forward.

****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.

Plank X-Roll



- Lay on your side, place right forearm down the floor.
- Place opposite hand on hip.
- Extend both legs straight out onto the floor.
- Squeeze inner thighs together.
- Inhale twist body as the chest faces the floor into a full plank position.
- Place left forearm down on the floor above the right forearm.
- Staying in a plank position.
- Exhale rotate as you pivot your feet and keeping the left forearm on the floor, place right hand on hip.
- Eyes facing down towards the forearm on the floor.
- Inhale rotate back to the opposite side.
- Keep the motion going by moving from one forearm to another, not allowing the pelvis to hit the floor during the exercise.
- 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 hips stacked throughout movement.
- Do not let the ribs thrust forward, keep them pulled in.
- Draw belly button in towards the spine.

***Modification – Bend both knees down to the floor, keep belly button pulled in towards the spine. 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.

Plank Reach



- Start with your legs straight back on forearms.
- Keep shoulders start directly in line with the elbows.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be flat, do not round.
- Draw ribs towards each by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Exhale move feet apart and extend the right arm straight out overhead.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Hold for the suggested time
- Exhale move back to start plank position.
- Inhale switch arms, extend the left arm straight out overhead.
- Inner thighs should be active and squeezing at all times to prevent unnecessary pressure on the knees.

****Modification** – Move your legs from a straight position to a kneeling position. This will help beginners and will help to ease off any pressure on your back.

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.

Plank Reach Lift



- Start with your legs straight back on forearms.
- Legs apart, toes curled under.
- Keep shoulders start directly in line with the elbows.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be flat, do not round.
- Draw ribs towards each by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Exhale extend left leg back behind the body and the right arm straight out overhead.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Hold for the suggested time
- Exhale move back to start plank position.
- Inhale switch to the right leg extended back and the left arm straight out overhead.
- Inner thighs should be active and squeezing at all times to prevent unnecessary pressure on the knees.

*****Modification – Move your legs from a straight position to a kneeling position. This will help beginners and will help to ease off any pressure on your back.***

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.

Ab Twist Reach



- Begin on your side.
- Place right hand down on the floor, opposite hand extended straight up to the sky.
- Extend both legs straight out onto the floor.
- Place top leg in front and bottom leg behind. Feet placed on the side not flat on the floor.
- Squeeze inner thighs together.
- Exhale rotate at the waistline and bring shoulders square to the floor.
- Eyes facing down towards the forearm on the floor.
- Bring left arm down under and through the body to the opposite side.
- Push your hips and glutes up towards the sky as the arm moves through and past the body.
- Inhale back to start position.
- 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 hips stacked throughout movement.
- Do not let the ribs thrust forward, keep them pulled in.
- Draw belly button in towards the spine.
- Stay on the same side to complete repetitions.
- Repeat motion on other side.

****Modification** – Bend bottom knee down to the floor, keep hips stacked at all times. If there is too much pressure on the wrist, move down to the forearms. 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.

Ab Twist Bend



- Lay on your side on forearm
- Place opposite hand behind your head
- 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.
- Exhale rotate at the waistline and bring shoulders square to the floor.
- Eyes facing down towards the forearm on the floor.
- Inhale back to start position.
- 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.

Ab Leg Reach



- Lay flat on the floor.
- Interlace hands behind head, do not tuck chin into chest.
- Exhale lift chest up towards thighs.
- Bring both legs up to 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.
- Exhale extend left leg straight up towards the sky as the right legs stays towards the floor.
- Inhale bend left knee in towards the chest as the right leg moves up towards the sky.
- Keep both legs lengthened and as straight as possible by tightening right above your kneecap.
- Slowly draw the rib cage in and down towards the waistline.
- 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.

Ab Leg Switch



- Lying on your back, interlace hands behind head.
- Chest lift, goal is to have shoulder blades off the floor.
- Bend both knees, keep shin parallel to the floor.
- Exhale extend left leg out while keeping the right knee bent.
- Inhale as the legs switch
- Exhale extend right leg out while keeping the left knee bent.
- 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.
- Pull your belly button in towards the floor, and do not thrust the ribs out.
- As you switch legs do not let the shin or toe drop.
- Knee does not come in past the waistline; this requires the lower abdominals to stay engaged throughout the move.
- 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 transverse abdominal muscles, obliques, hip flexor flexibility and strength. As you move the legs 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 Reach Switch



- Lying on your back, arms extended forward towards the toes, palms facing up.
- Chest lift, goal is to have shoulder blades off the floor.
- Lift both feet off the floor while keeping the knees bent at 90 degrees.
- Exhale extend left leg out in front of you as you keep the right knee bent.
- Do not let the knee come past the waistline; this forces the lower abdominals to stay engaged.
- Inhale switch to the opposite side.
- Exhale extend the right leg out in front of you as you keep the left knee bent.
- 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.
- Head remains in alignment to the spine throughout the exercise.
- As you switch from side to side keep your pelvis still and avoid pulling on the hip flexors.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Keep your pelvis still, attempting to not let it move side to side.

****Modification** – Pull both knees past the waistline for assistance. If there is any discomfort in the neck, keep the head down.

Side Note: You are targeting your deep abdominal muscles, obliques, hip flexor flexibility and strength. As you move the legs 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.

Roll Up



- *Lay flat on the floor, legs straight out, heels pressed down to the floor, arms straight overhead.*
- *Keep ribs down; do not let the ribs thrust forward and out.*
- *Keep your head up and do not tuck chin to chest or roll shoulders forward.*
- *Inhale lift head, neck and shoulders off the floor as the arms move forward.*
- *Exhale continue to peel your spine off the floor.*
- *Head in line to the spine, eyes should face down towards the knee.*
- *Both legs must stay together, inner thighs squeezing together and feet pointed and squeezing side by side.*
- *Keep ribs pulled in and prevent them from thrusting outward.*
- *Inhale roll back down to the floor, placing each vertebrae on the floor, lift the pubic up as you place your low back down to the floor.*
- *Avoid the temptation to use momentum during this movement; it is a controlled move using the deep abdominal muscles.*
- *Keep your pelvis still, attempting to not let it move side to side.*

*****Modification** – Slightly bend both knees during the movement. If the upper back and shoulders are tight keeping the arms straight overhead may be a challenge, slightly bend the elbows to help with the movement.*

***Side Note:** You are targeting your entire core, hamstring flexibility/strength, shoulder flexibility/strength, and hip flexor flexibility/strength. Do not let the head come forward in front of your shoulders or tuck your chin down during the movement.*

T-Extension



- Begin by lying on your back.
- Bend both elbows, push yourself up on your forearms, and keep arms close to the body.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Maintain an opened chest throughout the movement.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Back is in extension at all times.
- Bring both legs up, shins parallel to the floor, keep legs together at all times by squeezing the inner thighs.
- Maintain deep lumbar flexion by keep your low back pressing into the floor.
- Inhale extend legs straight out in front of the body.
- Exhale with control pull both knees in back towards the chest, do not let the feet or shins drop.
- Do not let the knees come in past your waistline.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

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

***Side Note:** You are targeting your deep abdominal muscles, hamstring flexibility/strength, shoulder flexibility/strength, and hip flexor flexibility/strength. obliques and back extensors. As you gain the strength and endurance of the movement the sensation in the hips flexors will ease.*

T-Extension Out



- Begin by lying on your back.
- Bend both elbows, push yourself up on your forearms, and keep arms close to the body.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Maintain an opened chest throughout the movement.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Back is in extension at all times.
- Bring both legs up, shins parallel to the floor, externally rotate the hips open, knees open to width of the shoulders, press the heels together.
- Maintain deep lumbar flexion by keep your low back pressing into the floor.
- Inhale extend legs straight out in front of the body, legs will press together while maintaining the heels together.
- Exhale with control pull both knees in back towards the chest, as the knees open to the width of the shoulders, keep the heels together and do not let the feet or shins drop
- Do not let the knees come in past your waistline.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

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

***Side Note:** You are targeting your deep abdominal muscles, hamstring flexibility/strength, shoulder flexibility/strength, and hip flexor flexibility/strength. obliques and back extensors. As you gain the strength and endurance of the movement the sensation in the hips flexors will ease.*

T-Leg Switch



- Begin by lying on your back.
- Bend both elbows, push yourself up on your forearms, and keep arms close to the body.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Maintain an opened chest throughout the movement.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Back is in extension at all times.
- Maintain deep lumbar flexion by keep your low back pressing into the floor.
- Inhale extend legs straight out in front of the body, legs will press together while maintaining the heels together.
- Exhale with control lower the right leg down to the floor while the opposite legs stays extended straight out and up in front of the body.
- Keep the belly button pulled in towards the spine.
- Do not let the ribs flare out, keep them pulled in.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

*****Modification – Slightly bend both knees as you progress through the movement.***

Side Note: You are targeting your deep abdominal muscles, hamstring flexibility/strength, shoulder flexibility/strength, and hip flexor flexibility/strength. obliques and back extensors. As you gain the strength and endurance of the movement the sensation in the hips flexors will ease.

Side Twist



- Sit straight up with legs straight in front of you. Keep heels anchored down on the floor.
- Interlace hands behind head, do not tuck chin into chest.
- Exhale rotate at the waistline to the right.
- Keep your left hip and butt down on the floor.
- Inhale move your torso down in a diagonal line.
- Keeping your back extended straight.
- Exhale rotate back to the center.
- Inhale rotate to the opposite side, move torso down in a diagonal line.
- Exhale rotate back to center.
- Keep alternating from side to side.
- Keep both legs lengthened and as straight as possible during the movement.
- Slowly draw the rib cage in and pull your belly button in towards your spine.
- Avoid neck pain by letting your head lay heavy in your hands.
- Avoid the temptation to thrust the ribs forward or lean your head forward.

*****Modification – Bend the knees slightly if the hamstrings and back is too tight and if the move is limited by flexibility.***

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.

Tricep Curl Down



- Start with your knees bent, directly under the waistline, toes curled under.
- Knees and shins hovering off the floor at all times.
- Hands placed down directly under the shoulder.
- Bend elbows back for a tricep push up.
- Inhale straighten the arms while keeping the knees and shins hovering the floor.
- Exhale bend the elbows back towards the back of the body and curl your chest forward towards the floor.
- While hovering the knees and shins parallel to the floor.
- While going through the movement, when the elbows bend you curl your chest down towards the thighs.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back will round naturally as you go through the motion, do not intentionally round the upper back.
- Draw ribs towards each by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Do not thrust the chest forward or flare the ribs.
- The hips and knees stay in line to each other; the movement requires the upper body to round down towards the thighs while bending the elbows.

****Modification** – Do not hover the shins off the floor, keep the knees down to the floor.

Side Note: You are targeting the triceps, deep core abdominal muscles and upper abdominals. As you progress through the movement keep the deep transverse abdominals. You will feel your thighs working throughout the movement.

Core Twist V



- Begin lying on your back.
- Interlace hands behind head; bring both legs up at 90 degrees, keeping both knees bent.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Exhale; draw both knees in towards the chest as you twist the torso to the right.
- Inhale extend legs straight out at a 45 degree angle as you roll up to balance on your hips and glutes.
- Do not let the knees come in past your waistline.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Continue move as you rotate and twist at the waistline side to side.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Continue to press legs together at all times and squeeze the inner thighs together throughout the movement.
- Keep your pelvis still, attempting to not let it move side to side.

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

***Side Note:** You are targeting your deep abdominal muscles, hamstring flexibility/strength, shoulder flexibility/strength, and hip flexor flexibility/strength. obliques and back extensors. As you gain the strength and endurance of the movement the sensation in the hips flexors will ease.*

Lunge Back



- Sit straight up with legs straight in front of you. Keep heels anchored down on the floor.
- Interlace hands behind head, do not tuck chin into chest.
- Inhale, hinge at the hip as you lengthen the torso and move at a diagonal line.
- Keep both hips and butt anchored down on the floor.
- Keeping your back extended straight.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Do not let the shoulder come up; keep them down and away from the ears.
- Keep both legs lengthened and as straight as possible during the movement.
- Draw the rib cage in and pull your belly button in towards your spine.
- Squeeze the inner thighs together as you go through the movement.
- Avoid the temptation to thrust the ribs forward or lean your head forward.
- The body will shake slightly as you keep the torso extended. This is normal.

*****Modification** – Bend the knees slightly if the hamstrings and back is too tight and if the move is limited by flexibility.*

Side Note: You are targeting your deep abdominal muscles, back extensors, internal and external oblique's. As you progress through the movement keep your hips still and do not rock them side-to-side.

Forearm Plank



- Start with your legs straight back on forearms.
- Keep shoulders directly in line with the elbows.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be flat, do not round.
- Draw ribs towards each by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inner thighs should be active and squeezing at all times to prevent unnecessary pressure on the knees.
- Legs are together during the entire movement.
- Keep head inline to the spine, eyes down facing the floor.
- Press forearms firmly to the floor.

*****Modification** – Move your legs from a straight position to a kneeling position. This will help beginners and will help to ease off any pressure on your back.*

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

Push Up Out



- Start with your legs straight back.
- Hands positioned out, slightly on the outside line of the shoulders.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be extended, do not round.
- Keep head in line to the spine, do not bring the head up (this will cause pressure on the back of the neck)
- Draw ribs towards each by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inhale bend elbows out the side as the chest lowers to the floor.
- Exhale straighten your arms and lift the body up.
- The body lowers and lifts as one unit.

- Inner thighs should be active and squeezing at all times to prevent unnecessary pressure on the knees.
- Legs are together during the entire movement.

***Modification – Move your legs from a straight position to a kneeling position. This will help beginners and will help to ease off any pressure on your back.*

Side Note: You are targeting your deep abdominal muscles, pectoral muscle, shoulder flexibility/strength, triceps, glutes, inner and outer thighs. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.

Push Up Back



- Start with your legs straight back. Hands positioned out, slightly on the outside line of the shoulders.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be extended, do not round.
- Keep head in line to the spine, do not bring the head up (this will cause pressure on the back of the neck)
- Draw ribs towards each by pulling your stomach in not out, keep belly button in
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inhale bend elbows towards the back of the body as the chest lowers to the floor.
- Exhale straighten your arms and lift the body up.
- The body lowers and lifts as one unit.

- Keep elbows tucked close to the body as the elbows bend and extend.
- Inner thighs should be active and squeezing at all times to prevent unnecessary pressure on the knees.

***Modification – Move your legs from a straight position to a kneeling position. This will help beginners and will help to ease off any pressure on your back.*

Side Note: You are targeting your deep abdominal muscles, pectoral muscle, shoulder flexibility/strength, triceps, glutes, inner and outer thighs. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.

Ab Kick Push Up



- Start with your legs straight back.
- Hands positioned out, slightly on the outside line of the shoulders.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be extended, do not round.
- Keep head in line to the spine; do not bring the head up.
- Draw ribs towards each by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inhale bend elbows out the side as the chest lowers to the floor.
- Exhale straighten your arms and bend the left knee in towards the chest.
- Inhale bend elbows out the side extend the left back to the floor.
- Exhale straighten your arms and bend the right knee in towards the chest.
- Inhale bend elbows out the side extend the right knee back to the floor.
- Continue to alternate sides.
- The body lowers and lifts as one unit.

- Inner thighs should be active and squeezing at all times to prevent unnecessary pressure on the knees.

***Modification – Move your legs from a straight position to a kneeling position. This will help beginners and will help to ease off any pressure on your back.*

Side Note: You are targeting your deep abdominal muscles, pectoral muscle, shoulder flexibility/strength, triceps, glutes, inner and outer thighs. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.

Push Up X-Twist



- Start with your legs straight back hands down on the floor, place shoulders directly in line with the wrists.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be extended, do not round.
- Draw ribs towards each other by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Inhale bend elbows to the back of the body.
- Exhale straighten the arms, bring left knee in towards the chest. Twist at the waistline.
- Bring the left thigh across the body.
- Inhale move the left thigh back to beginning position, extend leg back behind the body.
- Exhale bend elbows to the back of the body.
- Repeat movement on the same side then switch sides.
- Keep shoulders squared to the floor, do not let them move side to side.

- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Stay on the same side then switch to the other for equal amount of repetitions.

***Modification – Instead of keeping the opposite leg straight out on the floor, slightly bend the knee down on the floor. This will help beginners and will help to ease off any pressure on your back.*

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

X-Push Up Lift



- Start with your legs straight back, right leg off the floor.
- Hands placed down directly under the shoulder.
- Bend elbows out to the side for a push up.
- Exhale straighten the arms while lifting the right leg off the floor up to the sky.
- Inhale lower the right leg back the floor and bend elbows out the side for a push up.
- Repeat motion on the same side, switch sides.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Upper back should be extended, do not round.
- Draw ribs towards each by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.

*****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.*

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.*

Core V-Out



- Sit straight up with knees bent, feet flat on the floor,
- Interlace hands behind head.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.
- Exhale bring both knees up, shins parallel to the floor.
- Keep both legs firmly pressed together.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.
- Inhale extend both legs straight out in front of the body.
- Exhale pull knees back in towards the chest, keeping the shins parallel to the floor.
- Do not let the back round or toes drop during the movement.
- Repeat movement.

- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

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

Side Note: You are targeting your deep abdominal muscles, obliques and back extensors.

Roll Up Curl



- Begin by lying on your back, legs straight out and arms straight overhead.
- Keep your head up and do not tuck chin to chest or roll shoulders forward.
- Inhale lift arms, head, neck and shoulders off the floor.
- Exhale bend both knees up and in towards the chest, shins parallel to the floor.
- Keep both legs firmly pressed together.
- Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.
- Arms remain straight out in front of the body throughout the movement, palms facing up towards the sky.
- Do not let the shins or toes drop during the movement.
- Repeat movement.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Keep your pelvis still, attempting to not let it move side to side.

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

Side Note: *You are targeting your deep abdominal muscles, obliques and back extensors.*

Exercise

Workout #1 – 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.

Core-V	30 seconds or 12 reps
Core-V Sit	30 seconds or 12 reps
Core-V Twist	30 seconds or 12 reps each side
Core-V Leg Switch	30 seconds or 12 reps each side
V-Twist	30 seconds or 12 reps
Core Cincher	30 seconds or 12 reps
Ab Side Twist	30 seconds or 12 reps each side
Roll Up	30 seconds or 12 reps each side
Roll Up Curl	30 seconds or 12 reps
Rest 15 seconds	
Exercise	
Push Up Back	30 seconds or 12 reps
Push Up Out	30 seconds or 12 reps
Plank X-Roll	30 sec each side or 12 reps each side
Ab Leg Reach	30 seconds or 12 reps each side
Ab Leg Switch	30 seconds or 12 reps each side
T-Extension	30 seconds or 12 reps
T-Extension Out	30 seconds or 12 reps
T-Leg Switch	30 seconds or 12 reps each side
Rest 15 seconds	
Tricep Curl Down	30 seconds or 12 reps
Ab Kick Push Up	30 sec each side or 12 reps each side
X-Push Up Lift	30 sec each side or 12 reps each side
Push Up X-Twist	30 sec each side or 12 reps each side
Push Up Back	30 seconds or 12 reps
Push Up Out	30 seconds or 12 reps
Lunge Back	30 seconds or 12 reps
Plank Reach	10 seconds each side
Plank Reach Lift	10 seconds each side

Workout #2 - 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.

Forearm Plank	30 seconds
Lunge Back	30 seconds or 12 reps
Ab Kick Push Up	30 sec each side or 12 reps each side
X-Push Up Lift	30 sec each side or 12 reps each side
Plank Reach	10 seconds each side
Plank Reach Lift	10 seconds each side
Core Cincher	30 seconds or 12 reps
Rest 15 seconds	
Ab Side Twist	30 sec each side or 12 reps each side
Core-V	30 seconds or 12 reps
Exercise	
Core-V Sit	30 seconds or 12 reps
Core-V Twist	30 sec each side or 12 reps each side
Core Cincher	30 seconds or 12 reps
Ab Leg Switch	30 seconds or 12 reps
Roll Up	30 seconds or 12 reps
Rest 15 seconds	
T-Extension	30 seconds or 12 reps
T-Extension Out	30 seconds or 12 reps
T-Leg Switch	30 seconds or 12 reps each side
Forearm Plank	30 seconds
Lunge Back	30 seconds or 12 reps
Side Twist	30 seconds or 12 reps each side
Push Up X-Twist	30 sec each side or 12 reps each side
Roll Up Curl	30 seconds or 12 reps

Workout #3 - 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.

Ab Twist Reach	30 sec each side or 12 reps each side
Ab Reach Switch	30 seconds or 12 reps
Push Up Back	30 seconds or 12 reps
X-Push Up Lift	30 sec each side or 12 reps each side
Tricep Curl Down	30 seconds or 12 reps
Rest 15 seconds	
T-Extension	30 seconds or 12 reps
T-Extension Out	30 seconds or 12 reps
Core Twist	30 seconds or 12 reps each side
Lunge Back	30 seconds or 12 reps
Roll Up Curl	30 seconds or 12 reps
Ab Leg Switch	30 seconds or 12 reps each side
Ab Reach Switch	30 seconds or 12 reps each side
Forearm Plank	30 seconds
Rest 15 seconds	
Push Up Out	30 seconds or 12 reps
Ab Kick Push Up	30 sec each side or 12 reps each side
Plank Reach	10 seconds each side
Plank Reach Lift	10 seconds each side
Plank X-Roll	10 sec each side or 12 reps each side
Lunge Back	30 seconds or 12 reps
Roll Up Curl	30 seconds or 12 reps
Roll Up	30 seconds or 12 reps