



# LOWER BODY WEIGHT WITH

## *Pilates*



## **Congratulations! Below is your “Lower Body Weight with Pilates”**

Hi...I'm Sylvia Favela, people call me “Queen of Pilates”, 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 11 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 6 to 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 yourself 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***

***“Lower 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.

## Toe Reach



- *Begin by sitting on your bottom, place hands behind the body, fingertips facing forward towards the body.*
- *Keep wrists inline to the shoulders.*
- *Lift the body, hips, shoulders and knees inline to each other.*
- *Trying to not let the butt dip down.*
- *Bring right leg up above the hip, keeping knee bent.*
- *Inhale bend elbows back towards the back of the body for a tricep dip.*
- *At the same time extend the right leg straight up towards the sky.*
- *Keep the left knee bent at all times and foot firmly pressed to the floor.*
- *Exhale straighten both arms and bend the right knee, keep shin parallel to the floor.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Draw your belly button into your spine and chest opened.*
- *Inhale begin to roll your low back off the floor.*
- *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 the required reps on the same leg then switch sides.*

*\*\*Modification – Don't extend the leg up, keep it bent as the elbows bend back and forth.*

**Side Note:** *You are targeting the deep core abdominal muscles, shoulders, triceps, chest, back and glutes. As you progress through the movement keep your pelvic floor engaged.*

## Leg Pulse Reach



- Lay supine on your back, shoulders pressed down to the floor.
- Palms face down; press the heel of the palm firmly into the floor.
- Bend both knees and place the feet flat on the floor.
- Roll off your back by articulating through the spine.
- Extend the right leg straight up to the sky.
- Draw your belly button into your spine.
- Exhale reach the right toe up towards the sky, not letting the pelvis drop below the line of the shoulders.
- Hold position and pulse leg up towards the sky for the suggested rep amount.
- Exhale on every pulse up towards the sky.
- Keep the inner thighs engaged.
- Do not let the low back arch, tuck and lift the pubic bone up to prevent the low back from jumping into the movement.
- Avoid the temptation to thrust the ribs forward.
- Keep your pelvis still and square.

**\*\*Modification** – The leg that is extended up to the sky, keep the knee slightly bent.

**Side Note:** You are targeting the glutes, hamstrings, obliques, deep core muscles and inner and outer thighs. As you progress through the movement keep your pelvic floor engaged and pelvis as still as possible. Not letting one side go up higher than the other.

## Wall V-Sit



- *Begin by standing up against a wall.*
- *Walk feet forward in front of the body.*
- *Head back up against the wall shoulders open as pressed to the wall.*
- *Draw the belly in and ribs in towards the wall; low back is off the wall.*
- *Butt stays pushing up against the wall.*
- *Feet are positioning in a V position, heels together toes apart.*
- *Press the heels firmly together.*
- *Move the body down, keeping the thighs parallel to the floor.*
- *Bend both knees and place the feet flat on the floor.*
- *Inhale lift heels off the floor, keep both heels pressed together at all times.*
- *Exhale lower both heels to touch the floor and Inhale lift the heels up.*
- *Draw your belly button into your spine.*
- *Keep the inner thighs engaged and glutes squeezing tightly.*
- *Make sure to keep pushing your belly into the wall; you do not want to slip down to the floor.*
- *Avoid the temptation to thrust the ribs forward.*
- *Keep your pelvis still and square, do not bounce the body up and down as the heels lift and lower to the floor.*
- *Continue movement per suggested time or reps.*

**\*\*Modification** – *Follow the instructions above to get into the position, instead of keeping your arms down along side the body, position a chair in front of you, hold on to the back of the chair to help balance the move.*

**Side Note:** *You are targeting the glutes, hamstrings, obliques, deep core muscles and inner and outer thighs. As you progress through the movement keep your pelvic floor engaged and pelvis as still as possible. Not letting one side go up higher than the other.*



## Hammy Lift



- Lay supine on your back, shoulders pressed down to the floor.
- Palms face down; press the heel of the palm firmly into the floor.
- Bend both knees and place the feet flat on the floor.
- Roll off your back by articulating through the spine.
- Lift right foot off the floor, Exhale bring the bent knee up.
- Inhale lower the toe and tap to the floor.
- Do not let the hips/pelvis drop as the leg moves back and forth.
- Keep the angle of the bent knee at 90 degrees throughout the movement.
- Keep the belly button pulled into the spine.
- Do not let the low back arch, tuck and lift the pubic bone up to prevent the low back from overworking.
- Avoid the temptation to thrust the ribs forward and keep the chest opened at all times.
- Keep your pelvis still and square.

**\*\*Modification** – Follow the instructions above to get into the position, instead of lifting the hips up high, keep them closer to the floor, but keep the transverse abdominals working, in other words keep the pelvic floor engaged.

**Side Note:** You are targeting the deep core abdominal muscles, hamstrings, glutes, inner and outer thighs. As you progress through the movement keep your pelvic floor engaged and hips up towards the sky.

## Side Line Kick



- *Begin by starting on the left side, down on one knee.*
- *Left arm straight down to the floor, hand flat on the floor fingertips reaching out inline towards the shoulder.*
- *Right hand behind the head.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Lift the right leg up towards the sky; keep the leg up in line to the hip.*
- *Draw your belly button into your spine and keep the ribs pulled in.*
- *Hips remain stacked on top of each other throughout movement.*
- *Inhale bring the left leg forward of the body, foot flexed flat.*
- *Exhale bring the right leg back behind the body, toe pointed.*
- *Continue the movement per the suggested reps or seconds.*
- *Keep the leg at the height of the hip, do not let it drop down as the leg moves back and forth.*
- *Do not arch your back, lengthen the back and lift the pubic bone up.*
- *Keep your head lifted and chest lifted.*
- *Do not lock your knee out or hyper extend your knee; keep your leg actively working by tightening above your kneecap.*

*\*\*Modification – Follow the instructions above to get into the position, instead of a straight leg, slightly bend the knee.*

**Side Note:** *You are targeting the glutes, hamstrings, obliques, deep core muscles and inner and outer thighs. As you progress through the movement keep your pelvic floor engaged and pelvis as still as possible. Not letting the leg drop lower the height of the hip.*



## Side Line Drops



- *Begin on your side; go down on the left knee.*
- *Left forearm placed firmly down on the floor.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Keep shoulders stacked, do not let the top shoulder round forward or drop the head.*
- *Lift both hips off the floor, keeping a diagonal line from the left knee, hip and shoulder.*
- *Right arm bent, hand on the hip.*
- *Pull belly button into the spine.*
- *Lift the right leg off the floor, toe pointing down towards the floor.*
- *Right leg is positioned slightly forward of the body.*
- *Inhale lower the right leg down to the floor as the toe taps down to the floor.*
- *Exhale lift the leg up higher than the height of the hip.*
- *Keeping your hips stacked on top of each other throughout the movement.*
- *Do not arch your back, lengthen the back and lift the pubic bone up.*
- *Keep your head lifted and chest lifted.*
- *Do not lock your knee out or hyper extend your knee; keep your leg actively working by tightening above your kneecap.*
- *Repeat motion per suggested reps, switch sides.*

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

**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

*work intensely, you are deeply targeted the glutes, so it is normal to feel this type of deep pitching sensation.*

## **Hammy Kick**



- *Start with your body in a tabletop position.*
- *Hands placed down directly under the shoulder, fingertips facing the body or place the fingers out to the side of the body.*
- *Keep hips up parallel to the floor, glutes engaged.*
- *Lift left leg off the floor, knee bent.*
- *Inhale bend elbows back towards the back of the body as the hips lower to the floor and left leg extends straight.*
- *Exhale straighten the arms and bring the hips back up towards the sky, left knee bent, shin parallel to the floor.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be extended, do not let the shoulders round forward or come up towards the ears.*
- *Keep the head lifted and chest opened at all times.*
- *Draw ribs in and your stomach in not out.*
- *Keep belly button pulled in towards the spine.*
- *Continue movement for the suggested repetitions, switch sides.*

***\*\*Modification** – Do not bring the left leg up to higher, keep the leg lower to the floor, however keep the belly pulled in at all times.*

**Side Note:** *You are targeting the shoulders, chest, triceps, deep core abdominal muscles, and glutes, inner and outer thighs. As you progress through the movement keep the deep transverse abdominals working at all times to prevent the low back from over working.*

## Leg Lifts



- Lay supine on your back.
- Open the chest and press both shoulders into the floor.
- Palms face down; press the heel of the palm firmly into the floor.
- Bend both knees and place the feet flat on the floor.
- Roll through the spine and you peel your vertebrae off the floor.
- Scoop the belly in towards the spine; do not let the low back arch or drop down towards the floor.
- Extend the right leg straight up towards the sky.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Inhale lower the right leg down towards the floor, flex the foot flat, keep the hips lifted up towards the ceiling, do not let them drop as the legs moves.
- Exhale lift the right leg up towards the sky, toe pointed, keep the hips lifted up towards the sky as the leg moves.
- Inhale lengthen the leg and bring it down towards the floor.
- Keeping the leg straight and lengthened throughout the movement.
- 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.

**\*\*Modification** – Keep the right leg slightly bent. Do not bring the leg up to higher than the height of the hip, however keep the belly pulled in at all times and pelvis slightly tucked under.

**Side Note:** You are targeting the shoulders, chest, triceps, deep core abdominal muscles, and glutes, inner and outer thighs. As you progress through the movement

*keep the deep transverse abdominals working at all times to prevent the low back from over working.*

## **Thigh Slimmer**



- *Begin by laying stomach down to the floor.*
- *Extend both legs back behind the body.*
- *Externally rotate the hips open, press both heels together.*
- *Place both hands on the floor, head down on the hands.*
- *Scoop the belly in and pull the ribs in towards the spine.*
- *Lengthen the low back by lifting the pubic bone up and pressing the pelvis firmly into the floor.*
- *Exhale lift both legs off the floor, keep the thighs hovering the floor.*
- *Inhale open both legs out to the side.*
- *Exhale bring both legs together and touch the heels together.*
- *Inhale open legs to the outside of the hip.*
- *Do not let the thighs touch the floor.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Keep the pelvis tucked at all times to prevent arching in the low back.*
- *Repeat the suggested reps or seconds.*

***\*\*Modification** – Fold up a towel and place under the pelvis, instead of the thighs hovering the floor keep them slightly touching the floor.*

***Side Note:** You are targeting the glutes, inner and outer thighs, the back extensors and deep core abdominal muscles. Keep the pelvis pressed against the floor and pubic bone lifted up. Pull the belly in, do not thrust the ribs forward this will make it challenging to breath while lying on your stomach.*



## Butt Lifter



- *Begin by laying stomach down to the floor.*
- *Extend both legs back behind the body.*
- *Externally rotate the hips open and press both heels together.*
- *Place both hands on the floor, head down on the hands.*
- *Scoop the belly in and pull the ribs in towards the spine.*
- *Lengthen the low back by lifting the pubic bone up and pressing the pelvis firmly into the floor.*
- *Exhale lift both legs off the floor, keep the thighs hovering the floor.*
- *Keep both heels pressed together at all times.*
- *Legs are kept apart at all times, thighs hovering the floor.*
- *Inhale lift thighs off the floor.*
- *Exhale press the heels up towards the sky.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Keep the pelvis tucked at all times to prevent arching in the low back.*
- *Repeat the suggested reps or seconds.*

*\*\*Modification – Fold up a towel and place under the pelvis, instead of the thighs hovering the floor keep them slightly touching the floor.*

**Side Note:** *You are targeting the glutes, inner and outer thighs, the back extensors and deep core abdominal muscles. Keep the pelvis pressed against the floor and pubic bone lifted up. Pull the belly in, do not thrust the ribs forward this will make it challenging to breath while lying on your stomach.*

## Wall Knee Lift



- *Begin by standing up against a wall.*
- *Walk feet forward in front of the body.*
- *Head back up against the wall shoulders open as pressed to the wall.*
- *Arms pressed long down the side of the body.*
- *Draw the belly in and ribs in towards the wall; low back is off the wall.*
- *Butt stays pushing up against the wall.*
- *Feet are positioned side-by-side, knees side by side.*
- *Press the right heel firmly to the floor.*
- *Move the body down, keeping the thighs parallel to the floor.*
- *Exhale lift left knee up towards the chest without lifting the body up.*
- *Draw your belly button into your spine.*
- *Keep the inner thighs engaged and glutes squeezing tightly.*
- *Make sure to keep pushing your belly into the wall; this will help to prevent the body from sliding down to the floor.*
- *Avoid the temptation to thrust the ribs forward.*
- *Keep your pelvis still and square, do not bounce the body up and down as the heels lift and lower to the floor.*
- *Continue movement per suggested time or reps.*

**\*\*Modification** – *Follow the instructions above to get into the position, instead of keeping your arms down along side the body, position a chair in front of you, hold on to the back of the chair to help balance the move.*



**Side Note:** You are targeting the glutes, hamstrings, obliques, deep core muscles and inner and outer thighs. As you progress through the movement keep your pelvic floor engaged and pelvis as still as possible. Not letting one side go up higher than the other.

## *Workout #1 - Workout At A Glance*

*Done-for-you workout plan, you can either do the amount of reps or seconds*

### **Exercise**

Toe Reach	30 sec each side or 12 reps each side
Leg Pulse Reach	30 sec each side or 12 reps each side
Wall V-Sit	30 seconds or 12 reps
Wall Knee Lift	30 sec each side or 12 reps each side
<b>Rest 15 seconds</b>	
Hammy Lift	30 sec each side or 12 reps each side
Hammy Kick	30 sec each side or 12 reps each side
Side Line Kick	30 sec each side or 12 reps each side
Side Line Drops	30 sec each side or 12 reps each side
<b>Rest 15 seconds</b>	
Leg Lifts	30 seconds or 12 reps
Thigh Slimmer	30 seconds or 12 reps
Butt Lifter	30 seconds or 12 reps
Leg Lifts	30 seconds or 12 reps

*suggested below. Refer to the illustrated pictures above for descriptions and details of each Pilates exercise.*

## *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.*

### **Exercise**

Thigh Slimmer	30 seconds or 12 reps
Butt Lifter	30 seconds or 12 reps
Wall Knee Lift	30 sec each side or 12 reps each side
Side Line Kick	30 sec each side or 12 reps each side
Side Line Drops	30 sec each side or 12 reps each side

<b>Rest 15 seconds</b>	
Toe Reach	30 sec each side or 12 reps each side
Leg Pulse Reach	30 sec each side or 12 reps each side
Wall Knee Lift	30 sec each side or 12 reps each side
Wall V-Sit	30 sec each side or 12 reps each side
Side Line Kick	30 sec each side or 12 reps each side
<b>Rest 15 seconds</b>	
Hammy Lift	30 seconds or 12 reps
Hammy Kick	30 sec each side or 12 reps each side
Wall Knee Lift	30 sec each side or 12 reps each side
<b>Exercise</b>	
Hammy Kick	30 sec each side or 12 reps each side
Hammy Lift	30 sec each side or 12 reps each side
Leg Pulse Reach	30 sec each side or 12 reps each side
Side Line Kick	30 sec each side or 12 reps each side
Wall V-Sit	30 seconds or 12 reps
Toe Reach	30 sec each side or 12 reps each side
Wall V-Sit	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.*

Wall Knee Lift	30 sec each side or 12 reps each side
<b>Rest 15 seconds</b>	
Toe Reach	30 sec each side or 12 reps each side
Leg Pulse Reach	30 sec each side or 12 reps each side
Side Line Kick	30 sec each side or 12 reps each side
Side Line Drop	30 sec each side or 12 reps each side
Hammy Lift	30 sec each side or 12 reps each side
Hammy Kick	30 sec each side or 12 reps each side
<b>Rest 15 seconds</b>	
Wall Knee Lift	30 sec each side or 12 reps each side
Wall V-Sit	30 seconds or 12 reps
Hammy Lift	30 sec each side or 12 reps each side
Hammy Kick	30 sec each side or 12 reps each side
Leg Lifts	30 sec each side or 12 reps each side
Side Line Kick	30 sec each side or 12 reps each side
<b>Rest 15 seconds</b>	
Thigh Slimmer	30 seconds or 12 reps
Butt Lifter	30 seconds or 12 reps
Hammy Kick	30 sec each side or 12 reps each side
Hammy Lift	30 sec each side or 12 reps each side
Side Line Kick	30 sec each side or 12 reps each side