

UPPER BODY WEIGHT WITH *Pilates*



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

Hi...I'm Sylvia Favela, people call me the “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 strengthen, 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 to 4 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 are 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

“Upper 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.

Plank Up



- *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.*
- *Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.*
- *Inhale bring hips and glutes up towards the sky.*
- *Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.*
- *Exhale move back to start plank position.*
- *You are rotating around your shoulder as you move your body back and forth.*
- *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. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Pike Ab Kick



- *Start with your legs straight back on forearms in a plank position.*
- *To start, 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 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.*
- *Exhale bring right knee in towards the chest. Keep your pelvis as low to floor as possible and right shin hovering the floor.*
- *Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.*
- *Inhale extend right leg up and back towards the sky.*
- *You are rotating around your shoulder as you move your body back and forth.*
- *Repeat the required reps on the same leg then switch sides.*

****Modification** – *Instead of keeping the opposite leg straight out on the floor, 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. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

T-Roll Over



- Start by lying on your back, arms along down your side.
- Keep shoulders pressed down to the floor and chest opened.
- Keep lats engaged (latissimus dorsi) by squeezing between the shoulder blades.
- Bend knees in towards the chest and keep heels tucked in.
- Draw ribs towards each other by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Inhale press the heel of your palm firmly into the floor and roll your back off the floor.
- Exhale hold.
- Inhale roll your spine down to the floor until your low back touches the floor and exhale roll back up again.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inhale extend right leg up and back towards the sky.

****Modification** – Do not roll over completely. Bring your knees as close as they can towards your face. You will eventually be able to roll up.

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

X-Push Up Lift



- *Start with your legs straight back, toes curled under.*
- *Hands placed down directly under the shoulder.*
- *Bend elbows out to the side for a pec (pectoralis major/chest) 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.*

X-Push Up Back



- *Start with your legs straight back, toes curled under.*
- *Hands placed down directly under the shoulder.*
- *Bend elbows back towards the waistline for a tricep push up.*
- *Exhale straighten the arms while lifting the right leg off the floor up keeping it inline to the hip.*
- *Inhale lower the right leg back the floor and bend elbows towards the back of the body 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 in 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.*

***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 core abdominal muscles, shoulders, chest, biceps, triceps and back. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Tricep Seesaw



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

****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, triceps, shoulders and chest. As you progress through the movement keep the deep transverse abdominals working.

Pyramid Push Up



- *Start with your legs straight back, feet on the floor.*
- *Hands placed down on the floor overhead slightly forward of the body.*
- *Bend elbows out to the side for a pectoral push up.*
- *Top of the head touches the floor.*
- *Exhale straighten the arms back to starting position.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Glutes and hips reach up towards the sky as the elbows bend to the side for a pectoral push up.*
- *Keep both legs together and straight at all times.*
- *Squeeze the inner thighs and glutes together to keep both legs working.*
- *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 stomach pulled in at all times.*

****Modification** – *Slightly bend both knees as you bend and extend the elbows, it will help if both hamstrings and hip flexors are tight.*

Side Note: *You are targeting your deep core abdominal muscles, shoulders, back, triceps, chest, hamstrings, inner and outer thighs. As you progress through the movement keep the deep transverse abdominals working.*

Pyramid Push Up Lift



- Start with your legs straight back, feet on the floor.
- Hands placed down overhead slightly forward of the body.
- Extend right leg straight up towards the sky
- Bend elbows out to the side for a pectoral push up, keeping the right leg extended up towards the sky.
- Top of the head touches the floor.
- Exhale straighten the arms back to starting position, keeping the right leg extended up towards the sky.
- Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.
- Repeat movement with the same leg extended for the suggested reps, then switch sides.
- 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.

****Modification** – Slightly bend both knees as you bend and extend the elbows, it will help the hamstrings and hip flexors if they are tight.

Side Note: You are targeting your deep core abdominal muscles, shoulders, back, triceps, chest, and hamstrings, inner and outer thighs. As you progress through the movement keep the deep transverse abdominals working.

Tricep Round 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.*
- *Exhale straighten the arms while keeping the knees and shins hovering 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.*

Forearm Plank



- *Start with your legs straight back, toes curled under.*
- *Elbows placed down to the floor directly under the shoulder.*
- *Lift the body upper until it is parallel to the floor.*
- *Hold position for the suggested seconds.*
- *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.*
- *Engage the pelvic floor to prevent any strain on the low back.*
- *Keeps eye facing down to the floor.*
- *Squeeze the glutes, inner and outer thighs throughout the movement.*

*****Modification** – Place both knees down to the floor, while on the knees move the body slightly forward of the knees so you are on your thigh as opposed to directly on the knee.*

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

FB Tricep Dip



- *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 and knees firmly pressed together.*
- *Inhale bend elbows back towards the back of the body as the hips lower to the floor.*
- *Exhale straighten the arms and bring the hips back in line to the knee and shoulder.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be extended, do not let the shoulders come up towards the ears.*
- *Keep the chest opened at all times.*
- *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 out.*
- *Continue movement for the suggested repetitions.*

****Modification** – *Keep one knee down to the floor as you go through the movement, then switch sides*

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 knees pressing together and chest opened.*

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.

Exercise

Plank Up	30 seconds or 12 reps
Pike Ab Kick	30 sec each side or 12 reps each side
T-Roll Over	30 seconds
X-Push Up Lift	30 sec each side or 12 reps each side
Rest 15 seconds	
Pyramid Push Up	30 seconds or 12 reps
Tricep Seesaw	30 sec each side or 12 reps each side
X-Push Up Back	30 sec each side or 12 reps each side
Pyramid Push Up Lift	30 sec each side or 12 reps each side
Rest 15 seconds	
Tricep Round Down	30 seconds or 12 reps
Forearm Plank	30 seconds
FB Tricep Dip	30 seconds or 12 reps
Plank Up	30 seconds or 12 reps

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

FB Tricep Dip	30 seconds or 12 reps
Tricep Round Down	30 seconds or 12 reps
Forearm Plank	30 seconds
Plank Up	30 seconds or 12 reps
Pike Ab Kick	30 sec each side or 12 reps each side
Rest 15 seconds	
X-Push Up Lift	30 sec each side or 12 reps each side
X-Push Up Back	30 sec each side or 12 reps each side
Forearm Plank	30 seconds
Tricep Seesaw	30 sec each side or 12 reps each side
Tricep Round Down	30 seconds or 12 reps
Rest 15 seconds	
Pyramid Push Up	30 seconds or 12 reps
Pyramid Push Up Lift	30 sec each side or 12 reps each side
Forearm Plank	30 seconds
Pike Ab Kick	30 sec each side or 12 reps each side
Plank Up	30 seconds or 12 reps
Rest 15 seconds	
FB Tricep Dip	30 seconds or 12 reps
T-Roll Over	30 seconds or 12 reps
Forearm Plank	30 seconds
Tricep Seesaw	30 seconds or 12 reps
Pike Ab Kick	30 sec each side or 12 reps each side

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.

Exercise

Pyramid Push Up	30 seconds or 12 reps
Pyramid Push Up Lift	30 sec each side or 12 reps each side
Forearm Plank	30 seconds
Pike Ab Kick	30 sec each side or 12 reps each side
T-Roll Over	30 seconds or 12 reps
Tricep Seesaw	30 sec each side or 12 reps each side
Rest 15 seconds	
X-Push Up Lift	30 sec each side or 12 reps each side
X-Push Up Back	30 sec each side or 12 reps each side
Forearm Plank	30 seconds
Pike Ab Kick	30 sec each side or 12 reps each side
Tricep Round Down	30 seconds or 12 reps
FB Tricep Dip	30 seconds or 12 reps
Rest 15 seconds	
Forearm Plank	30 seconds
Plank Up	30 seconds or 12 reps
Pike Ab Kick	30 sec each side or 12 reps each side
Pyramid Push Up	30 seconds or 12 reps
Pyramid Push Up Lift	30 sec each side or 12 reps each side
Pike Ab Kick	30 sec each side or 12 reps each side
Rest 15 seconds	
FB Tricep Dip	30 seconds or 12 reps
T-Roll over	30 seconds or 12 reps
Forearm Plank	30 seconds
Pike Ab Kick	30 sec each side or 12 reps
Plank Up	30 seconds or 12 reps