

Phase 1: Prime  
"Tummy Tone"

DO 3 ROUNDS, REST 30 SECONDS

Core Lift Knees bent	10 reps
Core Lift Twist	10 reps
Core Lift Extension	10 reps
Single Leg Stretch	10 reps
Stand Reverse Lunge Left/Right	10 reps
Stand Reverse Lunge Left	10 reps
Stand Reverse Lunge Right	10 reps
30-Second Plank	10 reps

# BODYWEIGHT PILATES Workout Guide

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## Bodyweight Pilates

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## INTRODUCTION

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.

The secret behind the effectiveness of the Bodyweight Pilates program is its ability to target multiple muscle groups at once and strengthen the weak muscles. All by teaching them to coordinate as one unit and fire at 100%.



Below you will find a list of the Pilates workout videos found on the membership site.

Okay let's get started!  
*Sylvia =)*

### How To Use Phase 3: Core Workout Guide

Phase 3 Prime workouts are divided into 6 different workouts each detailed with the exercise, a description of each movement. Along with the rounds and reps for each movement.

The workout Guide is paired with the follow along video workout in Phase 3: Sculpt workout series.

Bands are optional to use in each workout.

# Phase 3: Sculpt

## “Goodbye Muffin Top”

\*\*Band optional\*\*

**DO 4 ROUNDS, 30 SECOND REST**

Diamond	15 reps
Floating Diamond	15 reps
Diamond Twist	15 reps
Single Leg Stretch	15 reps
Lunge Hop Right	15 reps
Lunge Hop Left	15 reps
Kneeling Chest Expansion w/band	10 reps
Tricep Extension	10 reps

**Workout Write-up:**

Do 4 rounds, rest 30 seconds between each round

1. **Diamond (15 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your chest up towards the sky. Focus on placement of your hips and pelvis keep them pushing down on the floor.

*Modification: If the mobility in your hips is stopping you from allowing your hips to open, place a pillow underneath each knee to help with the positioning.*

2. **Diamond Twist (15 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your chest up towards the sky and twist to one side, lower your chest down to the floor and come up to twist to the opposite side. Focus on placement of your hips and pelvis keep them pushing down on the floor.

*Modification: If the mobility in your hips is stopping you from allowing your hips to open, place a pillow underneath each knee to help with the positioning.*

3. **Floating Diamond (10 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your feet off the floor and letting them hover. Exhale lift your chest off the floor to the sky and lower back down. Keep your pelvis as still as possible by pulling your tummy in.

*Modification: If the mobility in your hips is stopping you from allowing your hips to open, place*

*a pillow underneath each knee and feet to help with the positioning.*

4. **Single Leg Stretch Extension (15 reps)**

Keep your body in control of the movement. Using a mat or on the floor. Start by placing your back on the floor, hands interlaced behind your head. Open hips and position both feet together. Keep hips open as you lift your chest up towards the sky and hold the position. Exhale as you extend and straighten both legs straight out and bend knees back in. Keep your pelvis as still as possible by pulling your tummy in.

*Modification: If the mobility in your hips is stopping you from allowing your hips to open, place a pillow underneath each knee and feet to help with the positioning.*

5. **Lunge Hop Right/Left (10 reps on each side)**

Begin by standing straight legs hip width apart. Bend right knee to step back then bring it in for a hop. Continue on the right side for the prescribed rep count, switch to the opposite side.

*Modification: Do not hop the legs in. Step back and forward bringing your knee to your chest.*

6. **Chest Expansion (10 reps)**

If desired, use a stretch band or thera-band for this movement. Start with both knees bent on the floor or mat. Place band on top of thighs, holding band in each hand. Keep torso upright, chest opened squeeze shoulder blades together. Pull band as you move your band behind your body. Keep belly pulled in and ribs down.

*Modification: Do not use the band for resistance. Instead use your arms freely as you move them back and forth.*

**NOTE:** Band is optional; you can do the movement without the band.

7. **Tricep Extension (10 reps)**

Use a stretch band or thera band for this movement. Kneel on the floor or on top of a mat. Position opposite hand down on the band as you hold the other end with the right hand. Bring right hand up to your side, extend arm behind you as you pull on the band. Keep your hips still and do not twist your shoulders. Continue on the right side for the prescribed rep count then transition to the opposite side.

*Modification: Do not use the band for resistance. Position yourself on the mat with both knees bent.*

**NOTE:** Band is optional; you can do the movement without the band. Can use a water bottle for a little resistance or nothing at all.

# Phase 3: Sculpt

## “Lean Sculpt”

\*\*Band optional\*\*

### DO 4 ROUNDS, 30 SECOND RECOVERY

Mountain X-Climber	10 reps
Forearm Spider Side Tuck In Right/Left	10 reps each side
Forearm Right Knee Tuck In	10 reps
Forearm Left Knee Tuck In	10 reps
London Bridge Hold Glute Squeeze	10 reps
London Bridge Hold – Left Leg Lift	10 reps
London Bridge Hold – Right Leg Lift	10 reps
Low Row X Pull	15 reps
Bicep Curl to W	10 reps

### Workout setup:

Do 4 rounds, 10 reps of each move, rest 30 seconds between each round

#### 1. Mountain X-Climber (10 reps)

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest, extend leg back switch to left side. Continue to bend right knee across to left side alternate bend left knee across to right side. Continue movement for the prescribed rep count.

*Modification:* Keep hands inline to your shoulder, bend both knees down to the floor, and pull your right knee in towards your chest, alternate switch sides to pull in the left knee. Keep your tummy pulled in at all times. Continue to pull knee in to center and alternate.

#### 2. Spider Side Tuck (10 reps)

Start in a plank position, legs extended straight behind you. Forearms on the floor, push your body up into a plank position. Hold position as you tuck your pelvis under. Keep your tummy pulled in and do not arch your back.

*Modification:* Start in a plank position; bend both knees placed down on the floor. Hold the plank position as you tuck your pelvis under while maintaining control of your torso.

#### 3. London Bridge Hold Squeeze Reach (10 reps)

Start with bending your knees and placing your back and hands on the floor. Roll off your back off the floor, keeping your hips up squeeze glutes for prescribed rep count. Extend right leg up to the sky, reach leg up to the sky for the prescribed rep count, lower leg down to the floor. Hold for glute squeeze for prescribed rep count. Extend left leg up towards the sky, reach up for the prescribed rep count, and lower leg down to the floor.

*Modification:* Do not extend the leg straight up to the sky, slightly bend the knee and reach as high as you can with your hips.

4. **Low Row X Band Pull (10 reps)**

Use a stretch band for resistance. Start with both legs extended straight out on the floor. Place band behind the feet as you hold one side of each band with hands. Bend your elbows as you pull the band and move elbows towards your back. Continue this movement for the prescribed rep count.

*Modification: Do not use the band to pull on. Instead move your arms forward and back. If you find it challenging to keep the legs straight, keep a slight bend in both knees.*

**NOTE:** Band is optional; you can do the movement without the band.

5. **B to W Pull (10 reps)**

Use a stretch band for resistance. Start with both legs extended straight out on the floor. Place band behind the feet as you hold each side of each band with hands. Bend your elbows for a curl, extend arms straight and pull elbows back behind you. Start back again by bending your elbows for a curl. Continue this movement for the prescribed rep count.

*Modification: Do not use the band to pull on. Instead move your arms forward and back. If you find it challenging to keep the legs straight, keep a slight bend in both knees.*

**NOTE:** Band is optional; you can do the movement without the band.



# Phase 3: Sculpt

## “Sculpt Booty Lift”

\*\*Band optional\*\*

### DO 4 ROUNDS, 30 SECOND RECOVERY

X-Climber	15 reps
Forearm Pelvic Tilts	15 reps
Fire Hydrant Left Leg Lift + Pulses	10 reps + 15 pulses
Fire Hydrant Right Leg Lift + Pulses	15 reps + 15 pulses
Side Clam Right/Left	15 reps each side
Low Row X Pull	15 reps
Side Forearm Plank Drop Knees Bent	15 reps

### Workout setup:

Do 4 rounds, 15 reps of each move, rest 30 seconds between each round

#### 1. X-Climber (15 reps)

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

*Modification:* Keep hands inline to your shoulder, bend both knees down to the floor, pull your right knee in towards your chest, alternate switch sides to pull in the left knee. Keep your tummy pulled in at all times.

#### 2. Forearm Plank Pelvic Tilts (15 reps)

Start in a plank position, legs extended straight behind you. Forearms on the floor, push your body up into a plank position. Hold position as you tuck your pelvis under. Keep your tummy pulled in and do not arch your back.

*Modification:* Start in a plank position; bend both knees placed down on the floor. Hold the plank position as you tuck your pelvis under while maintaining control of your torso.

#### 3. Fire Hydrant Left Lift w/Pulses (15 reps)

If desired use a stretch band for resistance. Tie the band around above the knee. Start with bending your knees and placing your hands on the floor. Lift the left knee out to the side, lift and lower as per the prescribed reps. Hold on the last rep for pulses.

*Modification:* Do not use the stretch band for resistance. If any discomfort is felt on the knees, roll up a towel and place underneath both knees.

#### 4. Fire Hydrant Right Lift w/Pulses (15 reps)

Using a stretch band for resistance. Tie the band around both legs above the knee. Start with bending your knees and placing your hands on the floor. Lift the left knee out to the side, lift and lower as per the prescribed reps. Hold on the last for pulses.

*Modification: Do not use the stretch band for resistance. If any discomfort is felt on the knees, roll up a towel and place underneath both knees.*

5. **Side Clam w/Band (15 reps)**

Using a stretch band for resistance. Start on your right side, tie the band around both legs above the knee. Keep knees bent, feet stacked together. Move the top leg open and close. Continue on this side for the prescribed reps, continue onto the left side for the same prescribed reps. Keep your tummy pulled in at all times.

*Modification: Do not use the stretch band for resistance. Keep both knees bent and feet stacked together. Open and close the legs for the prescribed amount.*

6. **Low Row X Band Pull (15 reps)**

Use a stretch band for resistance. Start with both legs extended straight out on the floor. Place band behind the feet as you hold one side of each band with hands. Bend your elbows as you pull the band and move elbows towards your back. Continue this movement for the prescribed rep count.

*Modification: Do not use the band to pull on. Instead move your arms forward and back. If you find it challenging to keep the legs straight, keep a slight bend in both knees.*

7. **Side Forearm Plank Drops Knees Bent (15 reps)**

Use a stretch band for resistance. Start with both legs extended straight out on the floor. Place band behind the feet as you hold one side of each band with hands. Bend your elbows as you pull the band and move elbows towards your back. Continue this movement for the prescribed rep count.

*Modification: Do not use the band to pull on. Instead move your arms forward and back. If you find it challenging to keep the legs straight, keep a slight bend in both knees.*

## Phase 3: Sculpt

### “Waist Slimmer”

#### DO 4 ROUNDS, 30 SECOND REST

Core Lift Twist	10 reps
Pulse Pulse	10 reps
Mountain Climber	10 reps
Forearm Plank Jacks	10 reps
Side-Kneeling Kick Right/Left + Pulse	10 reps each side + 10 pulse each side
Side Plank Twist	10 reps each side

#### Workout setup:

Do 4 rounds, 10 reps of each move, rest 30 seconds between each round.

#### 1. Core Lift Twist (10 reps)

Begin with lying on the floor, both hands interlaced behind your head. Knees bent with feet firmly pressed on the floor. Exhale as you lift your chest up and shoulders off the floor. Do not tuck your chin down. Twist to the right, lower your shoulders down on the floor, exhale lift chest as you twist to the left. Continue to twist and lower for the prescribed rep count.

*Modification:* Only lift the shoulders as high as you are able to maintain proper form. Bend both knees and keep them pulled in closer to your body.

#### 2. Pulse Pulse (10 reps)

Begin with lying on the floor, both hands interlaced behind your head. Knees bent with feet firmly pressed on the floor. Exhale as you lift your chest up and shoulders off the floor. Do not tuck your chin down. Hold position as you pulse chest up towards the sky. Once completed the rep count, extend arms straight and reach forward to the toes.

*Modification:* Do not lift chest off the floor, keep head down as you inhale and exhale tightening your tummy.

#### 3. Mountain Climber (10 reps)

Begin with hands on the floor in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

*Modification:* Keep hands inline to your shoulder; bend both knees as you keep them down on the floor. Pull your right knee in towards your left shoulder, alternate sides to pull in the left knee. Keep your tummy pulled in at all times.

4. **Forearm Plank Jack (10 reps)**

Start by positioning yourself in a forearm plank position. Legs extended straight back behind your body. Arms directly underneath your shoulders. Hold plank position as you jump legs out to the side and back to the center. Do not arch your back; keep your pelvis tucked under the entire time with your tummy pulled in.

*Modification: Bend both knees down to the floor, extend right leg out and in. Repeat same movement on opposite side.*

5. **Side Kneeling Kick + Pulse (10 reps)**

Start by kneeling on the floor or on a mat. Lift the left leg as you lower your right hand to the floor in line to your right knee. Hold the left leg up the same height as the hip. Left hand behind your head. Move top leg forward in front of the body and swing it behind the body. Do the prescribed rep count, and then hold leg behind you for drop. Lower the leg down to the floor and back up to starting position. Repeat same movement on the opposite side.

*Modification: Do not position yourself on your knee. Lower the right side of your body on the floor. Keep the bottom leg down on the floor as you lift the top leg, move the top leg in front of the body then behind the body. Repeat on the opposite side.*

6. **Side Plank Twist (10reps)**

Begin by lying on the right side on your forearm. Bend both knees and place left hand behind the head. Lower hips down to the floor as you twist at your waistline to face the floor. Repeat same movement on opposite side

*Modification: Keep the right side of your body on the floor, hand behind the head. Lift both legs up and down and do not twist.*

## Phase 3: Sculpt

### “Tone Body Sculpt”

**DO 4 ROUNDS, 30 SECOND REST**

Tuck In	15 reps
Spider Climber	15 reps
Core-V Out	15 reps
Push-up Twist Alternate	15 reps
Lunge Back	15 reps
Side Twist Alternate	15 reps

#### **Workout setup:**

Do 4 rounds, 10 reps of each move, rest 30 seconds between each round.

#### 1. **Tuck In (15 reps)**

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Hold yourself in a pushup position, jump both knees towards the chest and jump back. Keep abdominals braced tight at all times. Continue movement for the prescribed rep count.

*Modification-* Keep hands inline to your shoulder, bend both knees down to the floor, pull your right knee in towards your chest, alternate switch sides to pull in the left knee. Keep your tummy pulled in at all times.

#### 2. **Spider Climber (15 reps)**

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee up towards the right elbow. Continue to alternate sides back and forth.

*Modification-* Keep hands inline to your shoulder, bend both knees down to the floor, pull your right knee in towards your elbow, alternate switch sides to pull in the left knee. Keep your tummy pulled in at all times.

#### 3. **Core V-Out (15 reps)**

Sit straight up with knees bent, feet flat on the floor. Interlace hands behind head. Bring both knees up, shins parallel to the floor. Keep both legs firmly pressed together. Extend both legs straight out in front of the body. Pull knees back in towards the chest. Keeping shins parallel to the floor.

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

4. **Push-up Twist Alternate (15 reps)**

Start with legs straight back, hands down on the floor, place shoulders directly in line with the wrists. Draw ribs in towards each other by pulling your stomach in not out. Bend elbows back towards the waistline, as you straighten the arms bring left knee in towards the chest. Twist at the waistline. Bend elbows back move leg back to beginning position. Repeat movement as you alternate sides.

*Modification: Instead of keeping the opposite leg straight out on the floor, slightly bend the knee down on the floor.*

5. **Lunge Back (15 reps)**

Sit straight up with legs straight in front of you. Keep heels anchored down on the floor. Interlace hands behind head. 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. Move back and forth for the prescribed rep count.

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

6. **Side Twist Alternate (15 reps)**

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. Rotate at the waistline to the right. Keep opposite hip down on the floor. Move your torso down in a diagonal line. Keeping your back extended straight. Rotate back to center. Repeat motion on opposite side.

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

## Phase 3: Sculpt

### “Sexy Lean”

#### DO 4 ROUNDS, 30 SECOND REST

X to Mountain Climber	10 reps
AB Leg Reach	10 reps
AB Leg Reverse	10 reps
AB Leg Switch	10 reps
Roll Up Curl	10 reps
Roll Up	10 reps

#### Workout setup:

Do 4 rounds, 10 reps of each move, rest 30 seconds between each round

1. [Mountain X-Climber \(10 reps\)](#)

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest, extend leg back switch to left side. Continue to bend right knee across to left side alternate bend left knee across to right side. Continue movement for the prescribed rep count.

*Modification:* Keep hands inline to your shoulder, bend both knees down to the floor, and pull your right knee in towards your chest, alternate switch sides to pull in the left knee. Keep your tummy pulled in at all times. Continue to pull knee in to center and alternate.

2. [AB Leg Reach \(10 reps\)](#)

Position yourself on your back. Interlace hands behind your head, do not tuck chin into chest. Exhale lift chest up towards thighs. Bring both legs up to a 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. Extend left leg straight up towards the sky as the right leg stays towards the floor. Continue movement in a cycle motion.

*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.

3. [AB Leg Reverse \(10 reps\)](#)

Same position as above, but reverse the direction. Interlace hands behind your head, do not tuck chin into chest. Exhale lift chest up towards thighs. Bring both legs up to a 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. Extend left leg straight up towards the sky as the right leg stays towards the floor. Continue movement in a cycle motion.

*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.*

4. **AB Leg Switch (10 reps)**

Start on the floor or on a mat, lying on your back. Brings legs up to a tabletop position, lift chest up and interlace hands behind the head. Extend right leg out as you keep the left knee bent, twist towards the bent knee. Continue to alternate the legs and twist. Keep elbows open and avoid tucking your chin in.

*Modification: As you twist pull your knee in closer to your chest. Lifting your shoulders off the floor as high as possible.*

5. **Roll Up Curl (10 reps)**

Control your movement and take your time. Extend arms straight in line to your head. Extend both legs straight out, keep inner thighs and knees pressing together. Inhale and exhale as you curl up and bend both knees at the same time.

*Modification: Keep your torso down on the floor. Do not lift all the way up to sitting. Roll up to your midback then back down to the floor.*

6. **Roll-Up (10 reps)**

Control your movement and take your time. Extend arms straight in line to your head, legs straight out in front of you. Squeeze inner thighs together and keep abdominals pulled in. Inhale and as you exhale roll up and over towards your thighs. Inhale and exhale roll back down to the floor.

*Modification: Slightly bend both knees to begin with. Do not roll all the way up to a sitting position. Roll half way to the midback while keeping your abdominals pulled in.*