

# BODYWEIGHT PILATES



## QUICK START GUIDE

# Quick Start Checklist

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Welcome!

Welcome to the Bodyweight Pilates Quick Start Checklist! I've put together a comprehensive list for you, so that you're successful in achieving Pilates success!

Whether you're a novice to Pilates, advanced or a top fitness athlete, this system is designed to challenge any fitness level by carefully incorporating the various exercises into a daily repertoire.

In addition to the checklist, keep the following core principles in mind and you'll do great!

- **Core Principle #1** – Mindful control of your body. Body awareness is the key to executing the Pilates movement.
- **Core Principle #2** – Quality NOT Quantity. Each and every move is designed to work the small intricate muscles. Always pull your abdominals in and keep them zipped in and up while practicing your moves. Your abdominals do not rest at any time while performing each exercise.
- **Core Principle #3** – Be safe. If you feel any discomfort in your low back, pull up through the pelvic floor and draw your knees a bit closer to your body. If your neck bothers you at any time, keep your head down.
- **Core Principle #4** – Consistency. When you stay consistent with your workouts, dramatic changes are visible. Practiced regularly, core strength and muscle endurance will increase quickly and helps to reduce risk of injuries substantially.
- **Core Principle #5** – Connect. The secret behind the Pilates System is the ability to target multiple muscle groups at once and strengthen the weak intricate muscles often forgotten about. By training the muscles in your body to connect and coordinate as one unit and fire at 100%.

This unique combination means superior results in much less time than you would have to spend on traditional training.

As you continue on your daily routine of Pilates you'll feel muscles you've never felt before. Your body will feel strong and energized. Your waistline will shrink and your core will be stronger.

Pilates is the Journey to a Healthy-Balanced Strong Body and Mind!

Ok, On to the checklist....

Sylvia =)

# Quick Start Checklist

- \_\_\_\_\_ Follow my Facebook Page: [www.facebook.com/BodyweightPilates](http://www.facebook.com/BodyweightPilates)
- \_\_\_\_\_ Follow my Instagram Page: [www.instagram.com/bodyweightpilates](http://www.instagram.com/bodyweightpilates)
- \_\_\_\_\_ Have you clearly established a specific goal (how much you want to lose and how you want look in your favorite outfit)?
- \_\_\_\_\_ Did you write down your goal so that you can review it daily? I recommend you posting this up where you can see it everyday as a reminder of what you're working towards.
- \_\_\_\_\_ Do you have all the proper links saved on your computer to access your workouts?
- \_\_\_\_\_ Did you save your username and password to access the Bodyweight Pilates?
- \_\_\_\_\_ Did you plan out what time you'll be doing your workouts? It is best to do this first thing in the morning. When you set up your workouts before any other tasks in the morning you're energized and ready for the day.
- \_\_\_\_\_ Did you plan out your weekly exercise schedule based on your daily (morning, lunch time, afternoon, etc.) routine? Set up a plan that works for your schedule and stick with it.
- \_\_\_\_\_ Have you watched the Welcome video on the "BWP Welcome" page.
- \_\_\_\_\_ Have you saved all the extra bonuses you received?
- \_\_\_\_\_ Have you printed your workout sheets? With these sheets in hand you're ready to hit the ground running.
- \_\_\_\_\_ Have you printed your BWP Calendars? With these in hand you're ready to hit the ground running.
- \_\_\_\_\_ Have you downloaded the video workout you'll be doing each week? It is best to download your workouts at the end of the week to prepare for the upcoming new week. Take it week by week, don't overwhelm yourself by downloading all the videos at once.
- \_\_\_\_\_ Have you downloaded the Flexibility & Mobility Guide?
- \_\_\_\_\_ Have you checked off all the items on the list? If so, congratulations, you're ready to experience the benefits of Bodyweight Pilates.

Finally, I want to share another piece of advice for you, it is with regard to sticking with your Pilates program!

While the Pilates system is designed for you to do on consecutive days and your daily clean eating is crucial, I understand life happens and schedules may get out of whack. So keep this in mind:

1. **Reset days.** If your body is feeling tired or sore, it's normal to take a day off to reset your mind and body. But as long as it's just one day and not the entire week.
2. **Always Get Back To It.** Should it ever happen that you fall off the wagon and that one-day of no workout turns into two..three..Then STOP! It happened, you fell off. Get right back on it. Pick up where you stopped and keep at it.

The worst thing you can do is stop completely. So...Keep going!

3. **Double Up.** Need a little pick me up? Add in an extra workout that day if you had a really bad weekend of eating less than healthy meals.

It's perfectly okay to add in more Pilates in your day.

4. **Ask.** If you find yourself stuck with any movements in the system, don't hesitate to ask. Pilates exercises will challenge you.
5. **Control.** Should you find yourself on vacation or on a weekend getaway, be sure to do a quick 10 – 15 minutes Pilates routine before you start your day! You'll make better food choices when tempted by some less than healthy options.
6. **Lighter Choice.** Suddenly you find yourself sitting at a restaurant with less than favorable options, always go for the lighter choice. Depending where you're at, there may not be a super healthy option. Go for the lighter choice, what I mean is not drenched in butter or sauce. Make sense =)

## WHAT IF YOU HAVE QUESTIONS?

We are here to support you along the way so if you have any questions at all or you need help following along to the system all you have to do is reach out to our team at: [support@bodyweighpilates.com](mailto:support@bodyweighpilates.com)

Don't forget...To follow our Bodyweight Pilates Facebook page and introduce yourself! I'll be looking for you!:

[www.facebook.com/BodyweightPilates](http://www.facebook.com/BodyweightPilates)

Or if you're on Instagram, follow our page @bodyweightpilates and post a picture on your feed and tag me in your post!

PLUS, I want you to make a list of any questions you have that come to mind during your week and you are prepping your meals and doing your Pilates workouts.

See you soon!

Sylvia =)