

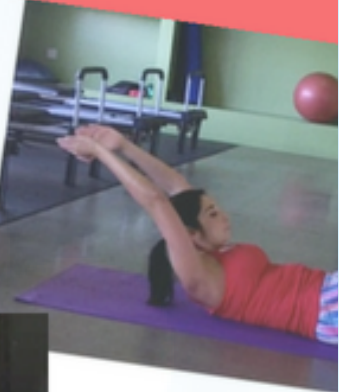


Warm-Up

- 10 Jumping Jacks
- 10 Air Squats
- REPEAT 3x

Part 1

- AB Cincher: Lift chest, extend arms



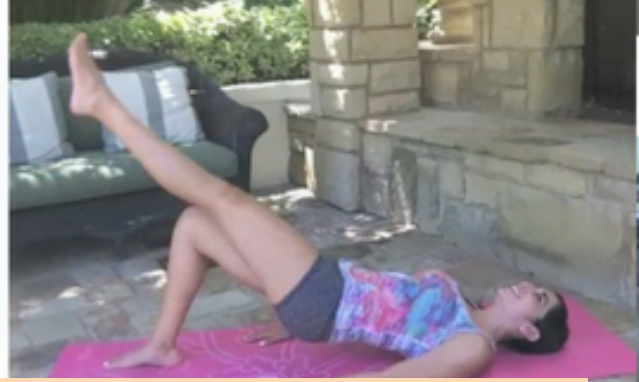
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Warm-Up

- 10 Reverse Lunges (each side)
- 10 Jumping Jacks
- 10 Air Squats
- REPEAT 3x

Part 1

- Leg Reach: Hands on the floor. Keep one foot on the floor, knee bent. Straighten the opposite



WORKOUT CARDS

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Reps of each
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Squeeze the glutes at the top.

Knee Tuck: Arms on the floor, keep one foot on the floor with knee bent. Opposite leg knee is bent, tap toe to floor.

Rep Scheme:

- Do 8 Rounds of Part 1
- 10 Reps each in
- Rest 15 seconds between each round.



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CONGRATULATIONS!

I'm super excited you took advantage of the Bodyweight Pilates workout cards.

You will find 3 Bodyweight Pilates Workout cards below. In each workout card are different workouts you can do ANYTIME, ANYWHERE.

HOW TO USE YOUR WORKOUT CARDS

Each card illustrates a different workout for you to do. With each card are instructions of how to complete each move.

Modifications are given if so desired.

Along with the description of each move, you will find an illustration of the move, so that you can see how the workout flows.

Below the workout description is the rep scheme with the amount of repetitions and rounds.

I look forward to see your success!

Sylvia Favela

[@sylvialfit](#) [@bodyweightpilates](#)

www.SylviaFavela.com

www.bodyweightpilates.com

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 me at

support@bodyweightpilates.com

Don't forget....

Follow our Facebook page for daily tips and resources:

[Facebook.com/Bodyweightpilates.com](https://www.facebook.com/Bodyweightpilates.com)

Follow me on Instagram for workouts, and tasty recipes:

[@bodyweightpilates](https://www.instagram.com/bodyweightpilates)

And my personal page for behind the scenes tips: [@sylvialfit](https://www.instagram.com/sylvialfit)

Our Pilates community is here to help and support each other.

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

Warm-Up

- 10 Roll Down
- 10 Air Squats
- 10 Jumping Jacks

- **AB Cincher:** Lift chest, extend arms over head, legs straight out. Exhale circle arms around and back to the top of knees. Knees never come past 90 degrees.

- **Elevated Bridge:** Place feet on the edge of a chair or couch. Lift and lower hips, keeping belly pulled in.

- **Elevated Bridge Single Leg:** Keep shoulders on the floor. Position one foot on the edge of the chair or couch.

- **Elevated Push Up:** Keep belly pulled in tight. Squeeze glutes tight. Lower and lift your chest.

Rep Scheme:

- 5 Rounds, 5 Reps of each
- Rest 15 seconds between each round.



Warm-Up

- 10 Jumping Jacks
- 10 Air Squats
- REPEAT 3x

- **AB Cincher:** Lift chest, extend arms over head, legs straight out.

Exhale circle arms around and back to the top of knees. Knees never come past 90 degrees.

- **Single Leg:** Chest Lifted. Alternate knees pulling in at 90 degree angle. Press both hands down on knee.

- **High Bridge Squeeze:** Arms on the floor, keep both feet pressing firmly on the floor with knees bent. Lift hips up, hold position as you squeeze glutes.

Rep Scheme:

- Do 3 Rounds of Part 1
- 15 Reps each in
- Rest 15 seconds between each round.



@bodyweightpilates



Warm-Up

- 10 Reverse Lunges (each side)
- 10 Jumping Jacks
- 10 Air Squats
- REPEAT 3x

- **Leg Reach:** Hands on the floor. Keep one foot on the floor, knee bent. Straighten the opposite leg, lift and lower to the floor. Switch to opposite leg.

- **Diamond Hip Thruster:** Arms on the floor, bottom of feet together, knees out to the side. Lower and lift pelvis. Squeeze the glutes at the top.

- **Knee Tuck:** Arms on the floor, keep one foot on the floor with knee bent. Opposite leg knee is bent, tap toe to floor.

Rep Scheme:

- Do 8 Rounds of Part 1
- 10 Reps each in
- Rest 15 seconds between each round.

