

# 21-Day Pilates Holiday Slimdown

Pilates Workout Schedule



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2. I am aware that 360Pilates Workout and its member are not registered/licensed dietitians are not qualified to provide nutritional counseling and guidance.
3. Medical clearance from my physician may be required prior to participation in any exercise program and/or engaging in any of these exercise contained within this manual.

## INTRODUCTION

Thank you for investing in your health and well being and trusting me to teach you how to accelerate your results through my specific, Pilates series!

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

Following these routines over the Holidays will dramatically change the way your body looks and feels.

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.

You will find the workout layout for the next 21 Days...The workouts include your Pilates series, which you can find the follow along videos in the Video Library. You will also find your BW cardio series below.

Start with Day 1 and follow each day with the indicated workout. Continue to follow each days workout regimen.

Print out the schedule for quick reference.

Ok, let's get you started.... Sylvia =)



## **DAY 1**

### **Pilates Workout 1**

*4 Rounds*

*10 Reps of each movement*

- Core Lift
- Double Leg Stretch
- Pelvic Curl Right Leg Kick
- Pelvic Curl Left Leg Kick
- X-Mountain Climber
- Mountain Climber

## **DAY 2**

### **BW Cardio**

*15-Minute Series*

3 x 400M run 1 Minute Off

## **DAY 3**

### **Pilates Workout 2**

*3 Rounds*

*15 Reps of each movement*

- Roll Up
- Mini Tricep Roll Over
- Reverse London Bridge Dip
- Side Lying Leg Drop

## **DAY 4**

### **BW Cardio**

*15-Minutes Series*

4 x 100M Run, 1 minute off

## **DAY 5**

### **Pilates Workout 3**

*4 Rounds*

*10 Reps of each movement*

- Diamond
- Floating Diamond
- Diamond Twist
- Pivot Prone

## **DAY 6**

### **BW Cardio**

*15 Minute Series*

Stationary Bike Sprints

1 Minute Sprint ... 1 Minute Rest

## **DAY 7 – REST DAY**

## **DAY 8**

### **Pilates Workout 4**

*5 Rounds*

*15 reps each movement*

- Teaser Prep
- Prep Forearm Twist
- Pelvic Curl Hold – Right Leg Reach
- Pelvic Curl Hold – Left Leg Reach

## **DAY 9**

### **BW Cardio**

*15 Minute Series*

5x 400M Run, 1 Minute off

## **DAY 10**

### **Pilates Workout 5 - With Band**

*5 Rounds*

*10 Reps each movement*

- Roll Up
- London Bridge Band Pull
- W
- Forearm Hip Drop
- Prone Hitchhiker

## **DAY 11**

### **BW Cardio**

*5 Rounds*

*15 Reps each movement*

- Walking Lunges
- Plie Jumps

## **DAY 12**

### **Pilates Workout 6**

*5 Rounds*

*10 Reps each movement*

- Lift Cross Right/Left
- Pike Pushup
- Rollover Lift
- Prone Hitchhiker

## **DAY 13**

### **BW Cardio**

*5 Rounds*

*15 Reps of each movement*

- Mountain Climbers
- X - Climber
- Plie Jumps

## **DAY 14 - REST DAY**

## **DAY 15**

### **Pilates Workout 7**

*5 Rounds*

*10 Reps of each movement*

- Double Leg Stretch
- Single Leg Stretch
- Hamstring Pull 1
- Side Lying Leg Drop
- Pointer Knee to Elbow

## **DAY 16**

### **BW Cardio**

*15 Minute Series*

100M Run, 1 minute off

## **DAY 17**

### **Pilates Workout 8 – With Band**

*5 Rounds*

*10 Reps of each movement*

- Teaser Prep
- Kneeling Chest Expansion
- Kneeling Elbow Raise
- Forearm Hip Drop

## **DAY 18**

### **BW Cardio**

*15 Minute Series*

Stationary Bike Sprints

1 Minute Sprint ... 1 Minute Rest

## **DAY 19**

### **Pilates Workout 9**

*5 Rounds*

*15 Reps of each movement*

- Lift Cross Left/Right
- Rollup → Rollover
- Forearm Pelvic Tilts
- Forearm Spider

## **DAY 20**

### **BW Cardio**

*15 Minute Series*

5x 400M Run, 1 Minute off

## **DAY 21 – REST DAY**