

# ***“5 MINUTES TO A FLAT TUMMY WITH PILATES AT HOME”***

*“YOUR STEP-BY-STEP GUIDE TO A FLATTER STOMACH WITH 5 PILATES MOVES THAT’LL HAVE YOU SLIPPING BACK INTO YOUR SKINNY JEANS WITH EASE FROM THE COMFORT OF YOUR OWN HOME”*



From the desk of  
Sylvia Favela  
[www.360PilatesWorkout.com](http://www.360PilatesWorkout.com)

# *“5 Minutes to A Flat Tummy With Pilates at Home”*

## *Table of Contents*

Congratulations!! .....	3
Why Should You Read This? .....	4
What Is Pilates And Does It Work? .....	5
#1 Chest Lift Your Way To A Flatter Stomach! .....	6
#2 Get Rid Of Your Stomach Pooch With The Double Leg Stretch! .....	7
#3 “Eliminate The Muffin Top With The Side Lying Scissors!” .....	8
#4 “Define Your Stomach With The Criss Cross” .....	9
#5 “No More Lower Stomach Pooch With Hamstring Pull 1” .....	10
“Keep Your Abdominals Working” .....	11
“But, Don’t Take My Word For It” .....	12
“There You Have It” .....	14
“Need Some Motivation?” .....	14

## ***Congratulations!!***

Let me be the first to congratulate you!!!!

You are on your way to a lean, toned, flat stomach that'll have you slipping back into the jeans that are sitting in the back of your closet collecting dust, wishing you could wear them again.

If you have become frustrated with looking for a workout that fits you then look no further. This step-by-step guide will put your frustrations and disappointments to rest.

No longer will you become overwhelmed with finding a workout that'll target your trouble spots. No matter how many crunches and sit ups you do, If not done correctly you end up with neck and back pain and even more annoyed with the lack of results. But now you don't have to!

Aside from that, one thing for sure! You have just opened the most informative Body changing guide to a fit, healthy energized body the Pilates Way.

Thank you and enjoy.....

## *Why Should You Read This?*

Let me be the first to say, I'm no fitness genius. And, I'm going to be radically honest with you and say this, I am a mom and a wife and I don't have hours and hours in a day to workout.

Believe it or not, I hate doing cardio. We all need it, there is no magic pill or magical diet that'll give the results that doing cardio does. Believe me I have tried and searched hi and low and there is absolutely nothing out there that would take place of Cardio.

And that's not all, I don't have the genetics or built to be lean. My sister was given that gene, some how I missed out. I was the chubby kid in school and my family would even tease me about lunch, almost like tempting a dog with a treat.

I tried to lose the weight in high school but was always chubby and even before I had my son I was still battling with how unfit I was and started looking for a workout program, where I eventually fell into the trap of exercising in a traditional gym.

And the result,

Thick and bulky, I felt as if my thighs were getting thicker not leaner. I also felt stiff and tight and my body ached, but not in a good way.

And in addition to that, my back started to bother me and I felt as if I had injured myself when I would leave the gym. I was frustrated and thought this is what I will need to deal with to reach my goals.

But that's not all, after having my son my body took a beating. I felt as if my body wasn't mine anymore. I looked in the mirror and was so disgusted with how I looked. I never thought I would be able to have the fit body I admired in fitness magazines, etc.

So out of sheer frustration, I dedicated my life to finding a workout that would finally give me the body I wanted and what I discovered transformed my body into the sleek toned body I had always dreamed of.

And, once I became a comprehensive certified as a Pilates instructor I felt relieved. I knew then and there that I wanted to help other women get in shape so they wouldn't have to experience the frustration and disappointment I felt searching for something that worked.

But let me get back to what I was saying in the beginning, I wasn't naturally lean, nor was I born with the genetics of a model (I wish). I tried practically every single workout out there and was disappointed with the results.

That was until I stumbled upon these exercises that worked a miracle for me and I'm confident it will for you too....

## *What Is Pilates And Does It Work?*

Why Pilates and what makes it so special? Pilates targets the deepest layer of the abdominal muscles that flattens the stomach faster than doing hundreds of sit-ups a day.

The most important element of Pilates is the constant contraction of the abdominals. When you think you can take a rest you don't! The body works synergistically to accomplish a specific exercise.

There is no thrusting of the ribs or yanking on the head that only leads to neck pain and a tight back and Oh, I almost forgot tight hip flexors (that leads to low back pain). This is no fun especially when you need to be active all day long and having a stiff neck and back can put a damper on your daily activities.

Because Pilates focuses on the transverse abdominals (TA muscles) you strengthen from the inside out. It's not superficial it targets where it counts, the low abdominals. For women, especially after having children it's the number one trouble spot. I uncovered and put together my 5 ground-breaking moves together all in just 5 minutes a day and your stomach will start to feel stronger, tighter and leaner.

Body awareness is crucial when executing these exercises. What I mean by that is this, you can't think of "Did I lock the front door?" or "Do these pants make me look fat?" When mindless chatter distracts your mind, you are not aware of what needs to be done to execute the exercise at hand.

Not only that, but I have seen people frantically and mindlessly throw around weights and bust out crunches without focusing on what their actual goal is.

You see, Pilates exercises doesn't let you cheat, you simply can't. You may be thinking it's too much, I just want to workout without thinking about.

I completely agree with you but I figure if I'm going to spend time working out it, it better work. I don't have hours and hours in a day to waste away to only get below average results.

What does this all mean to you? With these 5 fully detailed Pilates exercises you will work your abdominals like you've never have. You will feel muscles that you never thought existed. You will be sore in spots you never felt before; some people confuse this with hurting themselves.

I can assure you, Pilates works differently on your body it's not the same feeling when you workout in a gym. Please keep that in mind when going through your exercises. You will spend 5 minutes a day sculpting and toning your stomach into a flat toned mid section and in no time you'll be slipping back into those jeans hanging in the back of your closet.

But first let me warn you, these top-secret moves are not for those who enjoy complaining and whining about their flabby stomachs. The 5 Pilates moves are exclusively for those who want a serious Pilates regimen, done everyday and only you will reap the benefits of a well-defined sexy toned stomach.

I'm confident my 5 top secret moves will make you feel great after only doing it once, and done consistently the results are inevitably mouth-dropping amazing.

Let me switch gears for a moment and get into the exercises...



## #1 Chest Lift Your Way To A Flatter Stomach!



1. Lay flat on your back with your knees bent and feet about hip width apart.
    - a. (tip: use your fist and place between your knees, it'll put in the correct position)
  2. Settle your upper back into the floor, allow the ribs to gently come down and towards each other. As you do this keep the small space underneath your low back.
    - a. (tip: you don't want to flatten your low back out, it gives your body the false sense that your abs are in)
  3. Firmly interlace your hands behind your head, placing your thumbs at the base of your neck.
    - a. (tip: use your hands as canopy and let your head fall heavy in your hands)
  4. Exhale, lifting your chest towards your knees. Keeping your Abdominals engaged.
    - a. (tip: imagine as if your tying on a corset, you want to draw the abdominals in not out)
  5. Inhale hold the move, then exhale lower your chest back down to the floor.
  6. Keep your pelvis still and draw your belly button in towards your spine.
  7. Repeat again.
- You want to do 10 reps, this should take you about 1 minute. There is no rushing in executing the exercise. Control your move.
- Like I always say "Control It, Don't Throw It"
- Keep in mind when doing this exercise you want to keep drawing the abdominals in and up.
- Do not tuck your chin into your chest. You want to keep the same distance from your chin and chest the same throughout the movement.

## #2 Get Rid Of Your Stomach Pooch With The Double Leg Stretch!



1. Lay flat on your back with your knees bent.
  2. Keeping your pelvis still, pull your bent knees into your chest into table top position.
  3. Take an inhale and lift your chest to your thighs, placing your hands on top of your knees. Exhale release your breath.
  4. Inhale, straighten both legs out to a 45-degree angle and extend your arms straight over your head.
    - a. (tip: as you extend your arms take them as far back next to your ears)
  5. Exhale, circle your arms around and draw the legs back into table top position, placing your hands back on top of your knees again.
  6. Repeat again.
- 
- You want to do 10 reps, this should take you about 1 minute. There is no rushing in executing the exercise. Control your move.
  - As you continue this exercise do not let the ribs flare out.
  - Imagine for a moment that you are zipping your abdominals in and not out.
  - Keep your abdominals contracted during the entire move, especially when you extend your arms over your head.
  - Think about your waistline cinching in as press your abdominals into the mat.



### #3 “Eliminate The Muffin Top With The Side Lying Scissors!”



1. Lay on your side, as straight as possible. With both legs extended straight out together.
  2. As you lay on your side do not allow your side oblique that you are laying sag down on the floor. Imagine pulling your ribs towards each other.
  3. Place your hand on your waistline as you lengthen through your oblique, push your hip away from you towards your toes.
    - a. (tip: when you are on your side you feel a small little space under your side that's on the floor, maintain the small space, small enough to fit a piece of paper)
  4. As you inhale hover both legs off the floor together.
  5. Exhale extend one leg forward and the other goes back.
  6. Inhale switch
  7. Repeat breath pattern and movement, switching legs back and forth.
- 
- Do 10 reps, this should take you about 1 minute. There is no rushing in executing the exercise. Control your move.
  - Your hips and pelvis will want to rock forward and backward. Maintain a steady pelvis by pulling up through your pelvis floor (do a kegel exercise, if you are not familiar with it think about stopping the flow of your urine)
  - If your hipbone digs into the floor and is uncomfortable you can place a towel to cushion it.
  - Because this move works deeply into the oblique's you will feel it the next day. The sides of the low back will feel sore; to some people it may feel like a strain.
  - Please keep in mind Pilates moves are very different than any another exercise. The muscles in your body are worked on a deeper level; it feels different than being sore from a gym workout.



## #4 “Define Your Stomach With The Criss Cross”



1. Lay flat on your back with your knees bent
  2. Interlace your hands behind your head as if to create a canopy shape that holds the weight of your head.
  3. Inhale bring one leg to table top then exhale bring the other leg to table top.
  4. Inhale draw the ribs down and towards each other
  5. Exhale lift your chest up towards your thighs
    - a. (tip: your head, neck, shoulders comes up as one unit, initiating the move from your chest)
  6. Inhale take a breath
  7. Exhale rotate at the obliques (side) and twist to the right first, keeping your right knee bent and extend the left leg out at a 45-degree angle
  8. Inhale twist back to the center, pull the left knee back in to table top.
    - a. (tip: as you twist keep your chin in between your chest to make sure you are in correct alignment)
  9. Exhale twist to the left, extend the right leg out at a 45-degree angle.
    - a. (Tip: as you twist back and forth do not let your elbows cross in front of you)
  10. Repeat again.
- 
- You will want to do 10 reps of this move. I would say a majority of all Pilates moves were not designed to go past the count of 10. You're usually burning pretty bad in the abdominals when you get to number 6.
  - As you rotate and twist back and forth imagine reaching your armpit towards your bent knee.
  - The traditional bicycle move that looks similar to this usually requires you to reach your elbow to your knee, do not do this when doing Pilates oblique exercises.
  - You want to envision your armpit reaching towards the knee and do not allow your upper body to come down to the floor as you rotate to the other side.
  - Keep your eyes straight ahead and as you reach towards each knee fix your eyes on that knee.
  - Focus on where your eyes are going, it'll determine where your head goes and if you've ever had any neck pain from doing any type of abdominal work, your eyes and head are relevant to your move and if you are not watching where they are going then neck pain is inevitable.

## #5 “No More Lower Stomach Pooch With Hamstring Pull 1”



1. Lay flat on the floor
  2. Bend both knees, Inhale bring both legs to table top.
  3. (tip: keep your pelvis perfectly still and keep your tail bone down on the floor, do not flatten out your lower back)
  4. Exhale, extend both legs straight up, reaching your toes
  5. towards the sky.
  6. (tip: keep your legs straight, tighten right above your knees it will help to keep them straight)
  7. Inhale lower one leg straight down to the floor and press your heel down to the floor and extend the other leg straight up to the sky. Keeping both legs as straight as possible.
  8. (tip: your legs will start to shake, this is perfect. You will feel the hamstrings working)
  9. Place your hands behind the thigh or the calf on the leg that's straight up. Exhale pulse the leg towards you two times.
  10. Inhale switch the legs. Attempt to meet your chest and thighs together, do not let your leg do all the work. Keep thinking chest to thighs.
  11. (tip: keep your abdominals pulling in, your body will shake throughout this exercise)
  12. Repeat again.
- 
- Do 10 reps, control your move.
  - As you switch your legs do not place your hands behind your knee.
  - Depending how straight you can hold your leg, if it's straight put your hands behind your calf.
  - If you cannot hold the leg very straight place your hands behind your thighs.
  - Keep your pelvis as still as possible, pull up through your pelvic floor (do a kegel exercise)
  - As you pulse your leg towards you on the exhale imagine drawing your abdominals into the floor.

## ***"Keep Your Abdominals Working"***

After completing your series of abdominal exercises you will feel as if you just zipped up your abdominals. You want to be conscious about your body throughout the day.

Focus on not allowing your rib cage to flare out. Envision your abdominals always working and contracted. This will help your stomach to flatten down even when you are not physically doing the exercise.

When you are in your car sitting at a red light or if you happen to be in traffic on the freeway imagine your abdominals pushing back into your seat and pull your belly button in towards your spine. Take a couple breaths and with every exhale pull up through your pelvic floor (a kegel exercise).

You'll be amazed at how quickly your stomach will change.

It may be challenging at first to hold your body correctly with these exercises but stick with it and don't give up!

## ***"But, Don't Take My Word For It"***

***CHECK OUT WHAT PEOPLE ARE SAYING ABOUT THE TOP 5 PILATES STOMACH EXERCISES***

**Lisa Now Looks Like.....**

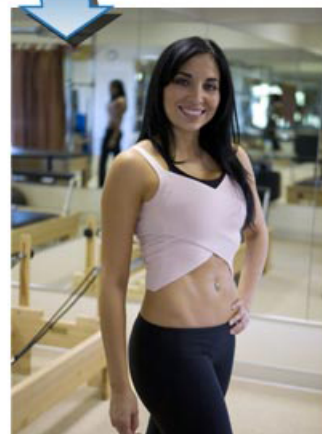


### ***"Lisa Flattened Her Stomach And Looking' Hot On Her Cancun Vacation!"***

I battled getting a toned flat midsection and I worked out in a traditional gym setting that didn't help. I added these step by step Pilates moves to my daily regimen. And I was completely Amazed how my body changed fast...

Lisa L.

**I Got My Body Back!**



### ***"I Was Able To Lose The Baby Weight And Flatten My Stomach Fast!"***

I gained about 40lbs with my pregnancy and after having my son my skin was loose and flabby. Practicing these exercises daily I was able to flatten my stomach... I Feel Great About My Body!

Sylvia F. "The Pilates Chick" - Founder - 360 Pilates Workout  
Author, 5 Minutes To A Flat Tummy With Pilates at Home

Caycie Now Looks Like.....



**“I Feel So Much More Confident In A Swimsuit With My Flat Stomach!”**

Only 5 minutes a day I was able to flatten my stomach, It was challenging but I’m so excited that I stuck with it. I feel great about how I look and feel...

Caycie W.

## ***"There You Have It"***

You have just uncovered the secrets to a flat stomach that'll give you an unfair advantage over everyone trying to get fit!

Don't give up when practicing these moves, it will get challenging but that's when you know something is changing.

Keep in mind, Stay consistent with it.

Practicing Pilates will benefit your over all well being, not only will you be flatten your stomach but it can also help to reduce your stress level.

Take that 5 minutes of me time to practice your Pilates and you will begin to notice a difference in body awareness and physical alertness. That's the great benefit of Pilates. It's a whole mind, body practice. You are engaging your entire body awareness mentally and physically without even realizing it.

The great thing about it is the more you do it the better the results, don't fall off track you can get to your goal, stick with it!

## ***"Need Some Motivation?"***

Some of the frustrations I have personally experienced and have witnessed, has been the lack of motivation or better yet the lack of accountability to staying consistent with a Pilates routine.

When you start a new program the challenge is sticking to it. Don't give up! With Pilates you can exercise every day and feel confident whenever you slip into your Skinny Jeans or that Sexy Black Dress!

Stay tuned to my blog [www.360pilatesworkout.com](http://www.360pilatesworkout.com) for the newest up to date workouts you can do anytime at home.



Thank you so much for taking the time to read through the “5 Minutes to A Flat Tummy With Pilates At Home” and taking the next step to getting the body you truly deserve...

I congratulate you for taking it to the next level and becoming the Fit, Fabulous, Sexy You. You are worth it!

Your Friend in Pilates Health,

A purple cursive signature that reads "Sylvia".

Author/Founder  
360 Pilates Workout  
[www.360PilatesWorkout.com](http://www.360PilatesWorkout.com)