

4-WEEK SUMMER

**PILATES
MAKEOVER**



**FOR WOMEN WHO WANT
A LEAN, FIT, HEALTHY PHYSIQUE**

WEEK FOUR

Sylvia Favela

360PILATES WORKOUT – 4Week Pilates Summer Makeover

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Inquiries should be addressed to 360Pilates Workout (support@360pilatesworkout.com)

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Terms & Conditions

1. I am aware that 360Pilates Workout and it's member are not medical doctors and are not qualified to determine a participant's physical capability to engage in strenuous exercise.
2. I am aware that 360Pilates Workout and it's 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

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 4 Week Pilates Summer Makeover, 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 =)

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@360pilatesworkout.com

Don't forget...You also have access to our Facebook Private Group. 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.

I will be there for you, and will help you get the results you from following along to the 4 Week Pilates Summer Makeover.

Week 4 - Pilates WOD 1 (PWOD1)

4 Rounds, 60 sec rest between each round

****Stretch Band Needed****

Pilates Exercise	Rep Count
Mountain Climber	10 reps
X-Climber	10 reps
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 w/band	15 reps
Bicep Curl w/band	10 reps
W w/band	10 reps

Week 4 - Pilates WOD 2 (PWOD2)

4 Rounds, 60 sec rest between each round

****Stretch Band Needed****

Pilates Exercise

Rep Count

X-Climber	15 reps
Forearm Pelvic Tilts	15 reps
Fire Hydrant Left Leg Lift	10 reps
Fire Hydrant Left Leg Pulses	15 reps
Fire Hydrant Right Leg Lift	10 reps
Fire Hydrant Right Leg Pulses	15 reps
Low Row X-Band	15 reps
W X-Band	15 reps

Week 4 - Pilates WOD 3 (PWOD3)

4 Rounds, 60 sec rest between each round

Pilates Exercise

Rep Count

Mountain Climber	10 reps
Forearm Plank Jacks	10 reps
Side-Kneeling Kick Right	10 reps
Side-Kneeling Kick Right Hold Pulse	10 reps
Side-Kneeling Kick Left	10 reps
Side-Kneeling Kick Left Hold Pulse	10 reps