

4-WEEK
PILATES BODY
KICK
START



MANUAL

Sylvia Favela

360PILATES WORKOUT – 4Week Pilates Body Kick Start Program

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Disclaimer

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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 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

First of all, I want to 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!

This program was designed with a unique philosophy in mind...

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

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

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.

Here's some of the changes you can expect to see following the 4Week Pilates Body Kick Start:

- * You will feel muscles that you didn't know existed
- * Feel stabile and strong
- * Your waistline tightening and getting smaller
- * Your clothes will start to feel loose

The secret behind the effectiveness of the 4 Week Pilates Body Kick Start Program, 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%.

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



Ok, let's get you started....

Sylvia =)

WHAT TO EXPECT

This manual was intended to show you how to approach each week of your 4Week Pilates Body Kick Start Program workouts and get you started right away.

Each week you will have new workouts with a new meal plan to follow. Every week will be different, so make sure to stay on track with the current week.

All you have to do is give this short manual a read, which should take less than 5 minutes and from there get started!



HOW TO USE THE PROGRAM

Each week you will have a series of three workouts, you can find them on the designed tabs on the main download page.

All I ask is that you follow along to the workouts for each week and stick to workouts for that specific week. Then continue onto the following week. Each series of movements are designed to gradually increase your bodies' awareness of each exercise and become stronger as you continue to move onto the next series.

PLUS, these specific workouts are laid out in order. This way you can consistently improve the intensity and complexity of your Pilates training which will consistently improve your results.

Here are 6 steps to follow so you can get started right away....

- Read through this entire Manual.
- Start with the Week One, series of workouts and meal plan. If needed take a longer break between each round of movements. As long as 60 seconds.

These are not timed workouts, you move at your pace to ensure proper form and execution of each move. You may break up the reps if you find yourself breaking form to achieve the move.

- Stay consistent practicing your Pilates training times 3 days a week. If you feel you want to add an extra day, pick one of the workouts you did early that week and repeat that movement.
- Stay consistent with your meal plan. This is a very important element of the program. You can't out train a bad diet. So we need to get serious with cleaning up your food selection and continue to make it a healthy habit and lifestyle for you.

Really, everything you need to know to get seriously great results from this Pilates program is contained the 5 steps above.

I've mapped it out for you and here to help you every step of the way!

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

We are excited to help you reach your health and fitness goals with Pilates.

Have Fun!
Sylvia =)