

# 4-WEEK PILATES BODY KICK START



Shrink Your Belly & Tighten Your Butt!

## WEEK TWO

FOLLOW ALONG PILATES WORKOUTS & MEAL PLAN

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## 360PILATES WORKOUT – 4Week Pilates Body Kick Start

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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 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%.



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](mailto:support@360pilatesworkout.com)

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 Body Kick Start program.

# Week 2 - Pilates Workout 1

3 Rounds, 30-60 sec rest between each round

Pilates Exercise	Rep Count
Core Lift Twist	10 reps
Core X-Lift Left	10 reps
Core X-Lift Right	10 reps
Ab Cincher	10 reps
Mountain Climber	10 reps
X-Climber	10 reps
Side Lunge Right	10 reps
Side Lunge Left	10 reps
Curtsey Lunge	10 reps
Pike Push-up	5 reps
Front Support Left Knee In	10 reps
Front Support Right Knee In	10 reps
Pike Push-up	5 reps
Roll-Up	5 reps
Spine Stretch	10 reps

## *Week 2 - Pilates Workout 2*

3 Rounds, 30-60 sec rest between each round

<b>Pilates Exercise</b>	<b>Rep Count</b>
Roll-Up Knees Bent	10 reps
Roll-Up Legs Straight	10 reps
Double Leg Stretch	10 reps
Single Leg Stretch	10 reps
Lunge Hop Right	15 reps
Lunge Hop Left	15 reps
London Bridge Glute Squeeze	10 reps
London Bridge Right Leg Lift	10 reps
London Bridge Left Leg Lift	10 reps
Forearm Plank Hip Twist Drop	10 reps
High Plank Twist Drop	10 reps
Prone Hitchhiker	10 reps (hold last rep for 20 secs)

# Week 2 - Pilates Workout 3

3 Rounds, 30-60 sec rest between each round  
**\*\* Stretch Band Needed \*\***

Pilates Exercise	Rep Count
X-Climber	10 reps
Tuck In	10 reps
Ab Cincher	10 reps
Single Leg Stretch	10 reps
Single Leg Twist	10 reps
Sitting Bicep Curl w/band	10 reps
W w/band	10 reps
Right Clam Open	15 reps
Right Clam Open Pulses	20 reps
Left Clam Open	15 reps
Left Clam Open Pulses	20 reps
Heel Press Right	10 reps
Heel Press Left	10 reps
X-Climber	10 reps
Tuck In	10 reps
Pivot Prone w/band	10 reps