

4-WEEK PILATES BODY KICK START



Shrink Your Belly & Tighten Your Butt!

WEEK THREE

FOLLOW ALONG PILATES WORKOUTS & MEAL PLAN

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360PILATES WORKOUT – 4Week Pilates Body Kick Start

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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

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 3 - Pilates Workout 1

4 Rounds, 30-60 sec rest between each round

Pilates Exercise	Rep Count
Diamond	10 reps
Diamond Twist	10 reps
Floating Diamond	10 reps
Diamond Extension	5 reps
Forearm Plank Hip Twist Drop	15 reps
X-Climbers	15 reps
Tuck	10 reps
Roll-Up Knees Bent	5 reps
Roll-Up Legs Straight	5 reps
Reverse London Bridge T-Dip	10 reps
Reverse Diamond Heel Press	10 reps
Reverse Diamond Heel Pulse	10 reps
Reverse Diamond Opens	10 reps
Roll Over	5 reps

Week 3 - Pilates Workout 2

4 Rounds, 30-60 sec rest between each round

Pilates Exercise	Rep Count
Core Lift	10 reps
Core Lift Twist	10 reps
Tuck In	15 reps
Fire Hydrant Left Leg Lift	10 reps
Fire Hydrant Left Leg Lift Pulse	10 reps
Fire Hydrant Right Leg Lift	10 reps
Fire Hydrant Right Leg Lift	10 reps
Left Heel Press	10 reps
Left Heel Press Pulse	15 reps
Right Heel Press	10 reps
Right Heel Press Pulse	15 reps
Forearm Plank Pelvic Tilts	20 reps
Forearm Plank Hip Twist drops	10 reps
Prone Hitchhiker	10 reps

Week 3 - Pilates Workout 3
4 Rounds, 30-60 sec rest between each round
****Stretch Band Needed****

Pilates Exercise	Rep Count
Diamond	15 reps
Floating Diamond	15 reps
Diamond Twist	15 reps
Single Leg Stretch	15 reps
Lunge Hop Right	15 reps
Lunge Hop Left	15 reps
Kneeling Chest Expansion w/band	10 reps
Tricep Kickback Kneeling w/band	10 reps