

### ***Exercise Considerations:***

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medication, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition injury that contraindicates physical activity. This program is designed for healthy individuals.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

### ***Disclaimer***

***This 14 Day Pilates Fat Loss program*** is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you or your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

Congratulations on taking the next step and discovering how Pilates can firm, lean your body and tone your abs and finally lose the unwanted weight with these specific Pilates moves.

The program is based on a two-week period. Each workout consists of 3 series of Pilates moves.

You will find illustrations of each Pilates exercise along with detailed step-by-step guide to executing each and every move. If you find yourself struggling with completing 10 repetitions of a particular move use the seconds allocated for each move do not get discouraged, you will gain strength and endurance with each move.

These full body transforming Pilates moves are challenging and you'll be feeling the burn right away.

Keep mindful control of your body. You do not want to throw your body around to complete the moves or rush through them. Each and every move is controlled and always draw your abdominals in and keep them engaged while doing these exercises. Your abdominals do not rest while performing each exercise.

Be safe when doing your exercises, if you feel any discomfort in your low back make sure to pull your belly button in towards your spine and draw your knees a bit closer to your body.

Enjoy and have fun!

Sylvia Favela

*Author "14 Day Pilates Fat Loss"*

## ***Butterfly Core***



- *Lay flat on the floor.*
- *Bend both knees, inhale bring both legs straight up to the ceiling.*
- *Interlace both hands behind your head.*
- *Exhale chest lift up towards your thigh.*
- *Externally rotate the hips as you squeeze heels together.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Keep heels pressed together and toes apart.*
- *Draw the rib cage in and down towards the waistline.*
- *Inhale lower both legs towards the floor, keep heels pressed together by engaging inner thighs together.*
- *Exhale bring both legs straight up towards the sky.*
- *Keep your shoulders down towards your waistline.*
- *Avoid the temptation to thrust the ribs forward.*
- *As both legs move up and down keep pelvis perfectly still by engaging the pelvis floor.*

***Side Note:*** You are targeting your deep abdominal muscles. As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you can not hold the leg straight, slightly bend at the knee.

## ***Knee Kicks***



- *Start in a forearm plank position.*
- *Legs straight out and together.*
- *Engage your inner thighs by squeezing them tightly.*
- *Keep your shoulders in line to your elbows.*
- *Engage the pelvic floor, in and up (do not push out).*
- *Lift the pubic bone up as you lengthen the lower back down.*
- *Do not arch your low back, we are focusing on elongating the spine not compressing it.*
- *Draw your rib cage in.*
- *Exhale bend right knee and pull into right elbow.*
- *Inhale straighten leg back.*
- *Exhale repeat motion.*
- *Switch legs.*
- *Make sure to hollow out the belly to make room for your legs to come in close to your chest.*
- *Keep hips close to the floor.*
- *At the same time draw your shoulder blades down your back and squeeze together, preventing your shoulders to hike up towards your ears.*

***Side Note:*** *Make sure to keep your legs actively working at all times. When the legs go relaxed and your abs take a break your low back will take over, this is what we are preventing. Pilates Abs never rest!*

## ***Pike***



- *Start in a forearm plank position.*
- *Keep your legs together.*
- *Engage your inner thighs by squeezing them tightly.*
- *Keep your shoulders in line to your elbows.*
- *Engage the pelvic floor, in and up (do not push out).*
- *Lift the pubic bone up as you lengthen the lower back down.*
- *Do not arch your low back, we are focusing on elongating the spine not compressing it.*
- *Draw your rib cage in.*
- *Inhale for no movement.*
- *Exhale rotate at the shoulder, draw your chest towards your thighs as you take your butt up to the sky.*
- *Make sure to hollow out the belly to make room for your legs to come as close as possible to your chest.*
- *At the same time draw your shoulder blades down your back and squeeze together, preventing your shoulders to hike up towards your ears.*

***Side Note:*** Make sure to keep your legs actively working at all times. When the legs go relaxed and your abs take a break your low back will take over, this is what we are preventing. Pilates Abs never rest! They are always active

## ***Belly Scoop***



- *Sitting up straight knees bent*
- *Arms reach forward in front of shoulders.*
- *Engage your inner thighs and keep you legs and feet together.*
- *Exhale roll back onto mid back.*
- *Inhale roll up back to start position.*
- *Keep feet on the floor as you roll back and up.*
- *Draw ribs cage in.*
- *Keep your shoulders down and back.*

***Side Note:*** *As you roll down and up articulate through your spine and keep deep lumbar flexion. Do not tuck chin down to chest, keep shoulders down and back.*



## ***Core Leg Reach***



- *Lay flat on the floor.*
- *Bend both knees, inhale bring both legs straight up to the ceiling.*
- *Exhale chest lift up towards your thigh.*
- *Extend arms straight out and keep them in this position.*
- *Squeeze inner thighs together and keep legs lengthened out.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Draw the rib cage in and down towards the waistline.*
- *Inhale bend knees while bringing the shins parallel to the floor*
- *Exhale bring both legs straight up towards the sky.*
- *Keep your shoulders down towards your waistline.*
- *Avoid the temptation to thrust the ribs forward.*
- *As both legs move up and down keep pelvis perfectly still by engaging the pelvic floor.*

***Side Note:*** You are targeting your deep abdominal muscles. As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you can not hold the leg straight, slightly bend at the knee.



## ***Corset Lift***



- *Lying on your back, keep fingers interlaced behind your head.*
- *Lift chest and shoulder blades off the floor.*
- *Keep rib cage drawn in.*
- *Squeeze inner thighs together and squeeze glutes tight.*
- *Keep chest and shoulders off the floor.*
- *Bring bent knees up to 90-degree angle.*
- *Inhale lower shins and tap toes to the floor.*
- *Exhale draw both knees up to tabletop position.*
- *Keep your belly scooped in.*

***Side Note:*** *When initiating this move, be sure to not hold any tension in your neck. Keep your abdominals working at every moment. Your abdominals do not rest at any time. If you release your abdominals your back will take the load of the work, which is what we want to prevent. Keep legs close to each other as the toes tap to the floor and up.*

## ***Ab X-Change***



- *Lying on your back, keep fingers interlaced behind your head.*
- *Lift chest and shoulder blades off the floor.*
- *Keep rib cage drawn in.*
- *Exhale rotate at your waistline toward your bent knee*
- *Other leg straightens out.*
- *Inhale cross-center and change legs.*
- *Exhale rotate to the other side.*
- *As you switch legs make sure to keep the legs close.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *As you lengthen your leg keep mindful thought to control your move and tighten your thigh muscle above your knee.*

***Side Note:*** You are targeting your deep abdominal muscles and the oblique's. As you move back and forth keep your hips still and do not rock them side-to-side. Make sure to engage the pelvic floor to minimize movement in the pelvis.

## ***Thigh X-Change***



- *Lay flat on the floor.*
- *Bend both knees, inhale bring both knees toward chest.*
- *Interlace hands behind one thigh.*
- *Inhale lower one leg straight down to the floor and press your heel down to the floor.*
- *Exhale pull the thigh towards your chest while keeping hands interlaced behind thigh.*
- *Inhale switch legs in the air.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Attempt to meet your chest and thighs together, don't let your leg do all the work.*
- *Repeat motion.*

***Side Note:*** You are targeting your deep abdominal muscles. As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you can not hold the leg straight, slightly bend at the knee.

## ***Butty Bridge Knee Raise***



- *Lay supine on your back.*
- *Press your shoulders into the floor.*
- *Palms face down, press the heel of the palm firmly into the floor.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Draw your belly button into your spine.*
- *Roll your low back off the floor and bring pelvis up.*
- *Exhale draw right knee up inline to the hip.*
- *Inhale keep knee bent lengthen the hip and tap toe to the floor.*
- *Exhale draw knee back up inline to the hip.*
- *Keep knee bent in a table top position as you lower and lift the leg.*
- *As you progress through the movement, lengthen your hip flexors by envisioning your knees reaching away.*
- *Avoid the temptation to thrust the ribs forward.*

***Side Note:*** You are targeting your deep abdominal muscles and lower back. As you progress through the movement keep your pelvic floor engaged. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor

## ***Saddlebag Raise***



- *Place your forearms on the floor.*
- *Knees bent, place knee directly under hip line.*
- *Lengthen the low back by pulling the pubic bone up.*
- *Keep knee bent bring knee out to the side.*
- *Inhale lower knee to the floor.*
- *Exhale lift knee back up to the side.*
- *Keep ankle in line to the knee.*
- *Keep your shoulders in line to your elbows.*
- *Draw belly button, in and up (do not push out).*
- *Do not arch the back.*

***Side Note:*** As you progress through the movements keep your hips still and do not rock them side-to-side. Pull up through the pelvic floor and do not throw the leg out and in. Control the movement.

## ***Booty Tight Lift***



- *Place your forearms on the floor.*
- *Keep one knee bent on the floor directly under hip line.*
- *Lengthen the low back by pulling the pubic bone up.*
- *Extend opposite leg out to the side.*
- *Inhale lower toe to the floor.*
- *Exhale lift leg back up to the side.*
- *Keep ankle in line to the knee.*
- *Keep your shoulders in line to your elbows.*
- *Draw belly button, in and up (do not push out).*
- *Do not arch the back.*

***Side Note:*** As you progress through the movements keep your hips still and do not rock them side-to-side. Pull up through the pelvic floor and do not throw the leg out and in. Control the movement.

## ***Butty Plank***

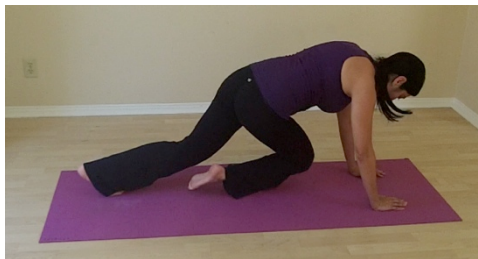


- *Start face down to the floor forearms on the floor.*
- *Separate the knees and cross at the ankles.*
- *Engage your inner thighs by squeezing them tightly.*
- *Squeeze the glutes as you hold the position.*
- *Keep your shoulders in line to your elbows.*
- *Engage the pelvic floor, in and up (do not push out).*
- *Lift the pubic bone up as you lengthen the lower back down.*
- *Do not arch your low back, we are focusing on elongating the spine not compressing it.*
- *Draw your rib cage in.*
- *Scoop the belly button in towards the spine.*
- *At the same time draw your shoulder blades down your back and squeeze together, preventing your shoulders to hike up towards your ears.*
- *Hold position as you inhale and exhale*

***Side Note:*** *Make sure to keep your abdominals engaged and draw in towards the center of the body. Keep the inner thighs and glutes engaged at all times.*



## ***Cross Body Climber***



- *Place hands on the floor and legs straight back.*
- *Engage your inner thighs by squeezing them tightly.*
- *Keep your shoulders in line to your wrist. (if your shoulders are not in line to your wrists, you may experience slight discomfort on your wrists.*
- *Engage the pelvic floor, in and up (do not push out).*
- *Lift the pubic bone up as you lengthen the lower back down.*
- *Do not arch your low back, we are focusing on elongating the spine not compressing it.*
- *Draw your rib cage in.*
- *Inhale extend right leg back.*
- *Exhale bend left knee pull in towards opposite elbow*
- *Inhale switch legs back and forth.*
- *Make sure to hollow out the belly to make room for your legs to come in close to your chest.*
- *At the same time draw your shoulder blades down your back and squeeze together, preventing your shoulders to hike up towards your ears.*

***Side Note:*** *Make sure to keep your legs actively working at all times. When the legs go relaxed and your abs take a break your low back will take over, this is what we are preventing. Pilates Abs are never resting.*

## ***Mountain Climber***



- *Place hands on the floor and legs straight back.*
- *Engage your inner thighs by squeezing them tightly.*
- *Keep your shoulders in line to your wrist. (if your shoulders are not in line to your wrists, you may experience slight discomfort on your wrists.)*
- *Engage the pelvic floor, in and up (do not push out).*
- *Lift the pubic bone up as you lengthen the lower back down.*
- *Do not arch your low back, we are focusing on elongating the spine not compressing it.*
- *Draw your rib cage in.*
- *Extend right leg back.*
- *Bend left knee in.*
- *Exhale bring right knee in.*
- *Inhale switch legs.*
- *Make sure to hollow out the belly to make room for your legs to come in close to your chest.*
- *At the same time draw your shoulder blades down your back and squeeze together, preventing your shoulders to hike up towards your ears.*

***Side Note:*** *Make sure to keep your legs actively working at all times. When the legs go relaxed and your abs take a break your low back will take over, this is what we are preventing. Pilates Abs are never resting.*

## **The Workout Plan**

Below is the workout plan to follow for the next 14 days.

Each week has four workouts described with the name of the exercise, amount of reps and seconds.

The workouts are labeled from #1 to #4 with three series of exercises for each workout.

Each of the three series of exercises consists of 6 Pilates moves as illustrated above.

You have the choice to do either the reps described for each exercise or the timed seconds for each exercise.

Move as quickly as possible from one move to another. You will have a 15 second rest period between the series of exercises.

Refer back at any time to the illustrated exercises above in the event you get stuck with doing the workout.

## Workout Plan - Week One

### **Workout # 1**

*Move as quickly as possible from one exercise to another*

#### **Exercise**

Thigh X-Change	20 seconds or 10 reps
Butterfly Core	20 seconds or 10 reps
Knee	30 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climber	30 seconds or 20 reps
Mountain Climber	30 seconds or 20 reps

#### **Rest 15 Seconds**

#### **Exercise**

Corset Lift	20 seconds or 10 reps
Ab X-Change	20 seconds or 10 reps
Belly Scoop	20 seconds or 10 rep
Booty Plank	30 seconds
Cross Body Climber	30 seconds or 20 reps
Mountain Climber	30 seconds or 20 reps

#### **Rest 15 Seconds**

#### **Exercise**

Booty Bridge Knee Raise	30 seconds or 10 reps
Booty Tight Lift	30 seconds or 10 reps
Pike	30 seconds or 10 reps
Knee Kicks	30 seconds or 15 reps
Cross Body Climber	30 seconds or 20 reps
Mountain Climber	30 seconds or 20 reps

## ***Workout # 2***

***Move as quickly as possible from one exercise to another***

### **Exercise**

Belly Scoop	20 seconds or 10 reps
Butterfly Core	20 seconds or 10 reps
Thigh X-Change	20 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps

### **Rest 15 seconds**

### **Exercise**

Core Leg Reach	20 seconds or 10 reps
Booty Tight Lift	30 seconds or 10 reps
Saddlebag Raise	30 seconds or 10 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps
Booty Plank	30 seconds

### **Rest 15 seconds**

### **Exercise**

Booty Plank	30 seconds
Pike	20 seconds or 10 reps
Knee Kicks	30 seconds or 10 reps
Booty Tight Lift	30 seconds or 10 reps
Cross Body Climbers	30 seconds or 10 reps
Mountain Climbers	30 seconds or 10 reps

### ***Workout # 3***

***Move as quickly as possible from one exercise to another***

#### **Exercise**

Corset Lift	20 seconds or 10 reps
Thigh X-Change	20 seconds or 10 reps
Ab X-Change	20 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps
Booty Plank	30 seconds

#### **Rest 15 seconds**

#### **Exercise**

Saddlebag Raise	30 seconds or 10 reps
Booty Tight Lift	30 seconds or 10 reps
Pike	30 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps

#### **Rest 15 seconds**

#### **Exercise**

Butterfly Core	20 seconds or 10 reps
Core Leg Reach	30 seconds or 10 reps
Booty Bridge Knee Raise	30 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps

## ***Workout # 4***

***Move as quickly as possible from one exercise to another***

### **Exercise**

Corset Lift	20 seconds or 10 reps
Ab X-Change	20 seconds or 10 reps
Thigh X-Change	20 seconds or 10 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps
Booty Plank	30 seconds

### **Rest 15 seconds**

### **Exercise**

Knee Kicks	30 seconds or 10 reps
Pike	30 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps
Booty Plank	30 seconds

### **Rest 15 seconds**

### **Exercise**

Booty Bridge Knee Raise	30 seconds or 10 reps
Core Leg Reach	30 seconds or 10 reps
Belly Scoop	20 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps



## Workout Plan - Week Two

### ***Workout # 1***

***Move as quickly as possible from one exercise to another***

#### **Exercise**

Booty Tight Lift	30 seconds or 10 reps
Saddlebag Raise	30 seconds or 10 reps
Knee Kicks	30 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps

#### **Rest 15 seconds**

#### **Exercise**

Ab X-Change	20 seconds or 10 reps
Thigh X-Change	20 seconds or 10 reps
Belly Scoop	20 seconds or 10 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps
Booty Plank	30 seconds

#### **Rest 15 seconds**

#### **Exercise**

Booty Bridge Knee Raise	30 seconds or 10 reps
Core Leg Reach	30 seconds or 10 reps
Pike	30 seconds or 10 reps
Booty Plank	30 seconds
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps

## ***Workout # 2***

***Move as quickly as possible from one exercise to another***

### **Exercise**

Belly Scoop	20 seconds or 10 reps
Thigh X-Change	20 seconds or 10 reps
Ab X-Change	20 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps

### **Rest 15 seconds**

### **Exercise**

Pike	30 seconds or 10 reps
Saddlebag Raises	30 seconds or 10 reps
Booty Tight Lift	30 seconds or 10 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps

### **Rest 15 seconds**

### **Exercise**

Corset Lift	20 seconds or 10 reps
Butterfly Core	20 seconds or 10 reps
Core Leg Reach	30 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps

### ***Workout # 3***

***Move as quickly as possible from one exercise to another***

#### **Exercise**

Ab X-Change	20 seconds or 10 reps
Thigh X-Change	20 seconds or 10 reps
Corset Lift	20 seconds or 10 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps
Booty Plank	30 seconds

#### **Rest 15 seconds**

#### **Exercise**

Saddlebag Raise	30 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps
Knee Kicks	30 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps
Pike	30 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps

#### **Rest 15 seconds**

#### **Exercise**

Corset Lift	20 seconds or 10 reps
Mountain Climbers	30 seconds or 20 reps
Butterfly Core	20 seconds or 10 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps

## ***Workout # 4***

***Move as quickly as possible from one exercise to another***

### **Exercise**

Butterfly Core	30 seconds or 20 reps
Corset Lift	30 seconds or 20 reps
Thigh X-Change	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps

### **Rest 15 seconds**

### **Exercise**

Booty Bridge Knee Raise	30 seconds or 10 reps
Core Leg Reach	30 seconds or 10 reps
Belly Scoop	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps
Cross Body Climbers	30 seconds or 20 reps
Mountain Climbers	30 seconds or 20 reps

### **Rest 15 seconds**

### **Exercise**

Pike	30 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps
Knee Kicks	30 seconds or 10 reps
Cross Body Climbers	30 seconds or 20 reps
Booty Plank	30 seconds
Cross Body Climbers	30 seconds or 20 reps