

# 3 Minute Pilates Abs

For Amazing Sexy Toned Abs



\*Effective Stomach Firming Moves  
\*Belly Fat Burning Workouts  
\*Uniquely Crafted Tummy Flattening Movements

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***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 3 Minutes to Pilates Abs* 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.

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 "3 Minutes to Pilates Abs"*

## ***Core Knee Pull***



- *Lay flat on the floor.*
- *Bend both knees, inhale bring shins parallel to the floor.*
- *Interlace both hands behind your head.*
- *Exhale chest lift up towards your thigh.*
- *Inhale extend legs straight out to a 45 degree angle.*
- *Exhale pull knees back into tabletop position.*
- *Continue movement*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Keep inner thighs engaged and glutes tight.*
- *Draw the rib cage in and down towards the waistline.*
- *Keep your shoulders down towards your waistline.*
- *Avoid the temptation to thrust the ribs forward.*
- *As legs extend out and in 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.

## ***Ab Triangle Lift***



- *Lying on your back, keep fingers interlaced behind your head.*
- *Lift chest and shoulder blades off the floor.*
- *Keep bottom of feet together as you lower the knees down to the floor.*
- *As you lift the chest press your knees down.*
- *Exhale lift chest up towards the knees.*
- *Inhale lower upper body back down to the floor.*
- *Keep glutes engaged and knees pressed down.*
- *Do not let the bottom of the feet slip away from each, keep pressing them together by engaging the inner thigh.*
- *Repeat movement.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*

***Side Note:*** *You are targeting your deep abdominal muscles. As you lift and lower your chest, keep your hips still and do not rock them side-to-side. Make sure to engage the pelvic floor to minimize movement in the*

## ***Ab Triangle Twist***



- *Lying on your back, keep fingers interlaced behind your head.*
- *Chest lift, goal is to have shoulder blades off the floor.*
- *Lower both knees down to the floor.*
- *As you lift the chest press your knees down.*
- *Bring one knee up, foot pressed to the floor.*
- *Keep opposite hip down to the floor.*
- *Exhale chest lift up rotate at your waistline toward the bent knee that is up.*
- *Inhale untwist and lower chest to the floor.*
- *Stay on the same side for the full set of reps.*
- *Repeat and switch sides.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *As you rotate keep your pelvis still and avoid pulling on the hip flexors.*

***Side Note:*** You are targeting your deep abdominal muscles and the oblique's. As you twist 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

## ***Ab Leg-X***



- *Lay flat on the floor.*
- *Lift chest and shoulder blades off the floor.*
- *Interlace hands behind the head.*
- *Bend both knees, inhale bring both legs straight up to the ceiling.*
- *Keep chest lifted at all times, do not lower your head.*
- *Inhale lower one leg straight down to the floor and press your heel down to the floor.*
- *Other leg reaches up towards the ceiling.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Slowly draw the rib cage in and down towards the waistline.*
- *Exhale pulse the leg towards you two times*
- *Inhale switch legs in the air.*
- *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.

## ***Mermaid Twist***



- *Lay on your side on forearm*
- *Place opposite hand behind your head*
- *Extend both legs straight out onto the floor.*
- *Place top leg in front and bottom leg behind.*
- *Squeeze inner thighs together.*
- *Exhale rotate at the waistline and bring shoulders square to the floor.*
- *As you rotate press glutes up towards the ceiling.*
- *Inhale back to start position.*
- *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- *Draw ribs in and down towards the waistline.*
- *Repeat motion on other side.*

***Side Note:*** *You are targeting your deep abdominal and oblique muscles. As you progress through the movement keep your hips square and inner thighs engaged at all times.*



## ***Star Knee Pull***



- *Lay on your side on forearm*
- *Place opposite hand behind your head*
- *Extend both legs straight out onto the floor.*
- *Lift top leg in line to the hip.*
- *Bend bottom knee, keep knee inline to the hip.*
- *Keep glutes engaged.*
- *Keep hips stacked as you go progress through the movement.*
- *Exhale bend top knee as you pull it in towards the chest.*
- *Inhale extend leg straight back inline to the hip.*
- *Draw ribs in and down towards the waistline.*
- *Squeeze shoulder blades together and pull them down towards the waist.*
- *Repeat movement.*
- *Switch sides*

***Side Note:*** You are targeting your deep abdominal and oblique muscles. As you progress through the movement keep your hips square and inner thighs engaged at all times.

## ***Workout Plan***

Below are three workout plans for you to follow.

You can do these workouts every day, add them to your regular fitness routine or do them alone in the morning or at night.

Switch between any of the 3 sample workouts each week. Rotate them every other day for the ultimate results.

The workouts are labeled from #1 to #3 with the 6 exercises for each workout.

Each workout consists of the 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.

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

## Workout Plan

*Choose one workout a day*

*Rotate each workout every other day for ultimate results*

### **Workout One**

#### **Exercise**

|                   |                       |
|-------------------|-----------------------|
| Core Knee Pull    | 30 seconds or 20 reps |
| Ab Triangle Lift  | 30 seconds or 10 reps |
| Ab Triangle Twist | 30 seconds or 10 reps |
| Ab Leg – X        | 30 seconds or 10 reps |
| Mermaid Twist     | 30 seconds or 10 reps |
| Star Knee Pull    | 30 seconds or 20 reps |

### **Workout Two**

#### **Exercise**

|                   |                       |
|-------------------|-----------------------|
| Core Knee Pull    | 20 seconds or 10 reps |
| Ab Triangle Lift  | 30 seconds or 20 reps |
| Ab Triangle Twist | 30 seconds or 20 reps |
| Ab Leg – X        | 30 seconds or 20 reps |
| Star Knee Pull    | 30 seconds or 20 reps |
| Mermaid Twist     | 20 seconds or 5 reps  |

### **Workout Three**

#### **Exercise**

|                   |                       |
|-------------------|-----------------------|
| Core Knee Pull    | 30 seconds or 10 reps |
| Ab Triangle Lift  | 30 seconds or 20 reps |
| Ab Triangle Twist | 30 seconds or 20 reps |
| Ab Leg – X        | 30 seconds or 20 reps |
| Star Knee Pull    | 30 seconds or 20 reps |
| Mermaid Twist     | 30 seconds or 10 reps |