



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 5 Minute Pilates Booty Lifter 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 firm your booty 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 "5 Minute Pilates Booty Lifter"



Side Knee Kick

- Lay supine on your back.
- Press your shoulder 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.
- Bend both knees and place the feet flat on the floor.
- Keep equal weight on both feet.
- Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)
- Keep your shoulder blades drawn down your back.
- Draw your belly button into your spine.
- Inhale begin to roll your low back off the floor.
- As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.
- Keep the inner thighs engaged.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Avoid the temptation to thrust the ribs forward.
- Exhale and roll your back down towards the floor.
- Articulating as you roll, placing each vertebrae on the floor at a time.
- Keep your pelvis still and square.
- Repeat the movement up to 10 repetitions

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



Side Leg Kick

- *Lay supine on your back.*
- *Press your shoulder 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.*
- *Bend both knees and place the feet flat on the floor.*
- *Keep equal weight on both feet.*
- *Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Inhale begin to roll your low back off the floor.*
- *As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.*
- *Keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Avoid the temptation to thrust the ribs forward.*
- *Exhale and roll your back down towards the floor.*
- *Articulating as you roll, placing each vertebrae on the floor at a time.*
- *Keep your pelvis still and square.*
- *Repeat the movement up to 10 repetitions*

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Lunge Reach

- Lay supine on your back.
- Press your shoulder 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.
- Bend both knees and place the feet flat on the floor.
- Keep equal weight on both feet.
- Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)
- Keep your shoulder blades drawn down your back.
- Draw your belly button into your spine.
- Inhale begin to roll your low back off the floor.
- As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.
- Keep the inner thighs engaged.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Avoid the temptation to thrust the ribs forward.
- Exhale and roll your back down towards the floor.
- Articulating as you roll, placing each vertebrae on the floor at a time.
- Keep your pelvis still and square.
- Repeat the movement up to 10 repetitions

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Booty Bridge

- Lay supine on your back.
- Press your shoulder 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.
- Bend both knees and place the feet flat on the floor.
- Keep equal weight on both feet.
- Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)
- Keep your shoulder blades drawn down your back.
- Draw your belly button into your spine.
- Inhale begin to roll your low back off the floor.
- As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.
- Keep the inner thighs engaged.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Avoid the temptation to thrust the ribs forward.
- Exhale and roll your back down towards the floor.
- Articulating as you roll, placing each vertebrae on the floor at a time.
- Keep your pelvis still and square.
- Repeat the movement up to 10 repetitions

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Booty Leg Reach

- Lay supine on your back.
- Press your shoulder 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.
- Bend both knees and place the feet flat on the floor.
- Keep equal weight on both feet.
- Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)
- Keep your shoulder blades drawn down your back.
- Draw your belly button into your spine.
- Inhale begin to roll your low back off the floor.
- Exhale extend leg straight up toward the ceiling.
- Keep leg long and reaching up.
- Hold position and pulse leg up towards the sky.
- Exhale on every pulse up towards the sky.
- Inhale as you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.
- Keep the inner thighs engaged.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Avoid the temptation to thrust the ribs forward.
- Exhale articulate the spine and roll back up towards the sky.
- Extend opposite leg out and pulse up towards the ceiling.
- Keep your pelvis still and square.
- Repeat the movement up to 10 repetitions

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Booty Leg Pulse

- Lay supine on your back.
- Press your shoulder 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.
- Bend both knees and place the feet flat on the floor.
- Keep equal weight on both feet.
- Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)
- Keep your shoulder blades drawn down your back.
- Draw your belly button into your spine.
- Inhale begin to roll your low back off the floor.
- Exhale extend leg straight up toward the ceiling.
- Keep leg long and reaching up.
- Hold position and pulse leg up towards the sky.
- Exhale on every pulse up towards the sky.
- Inhale as you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.
- Keep the inner thighs engaged.
- Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.
- Avoid the temptation to thrust the ribs forward.
- Exhale articulate the spine and roll back up towards the sky.
- Extend opposite leg out and pulse up towards the ceiling.
- Keep your pelvis still and square.
- Repeat the movement up to 10 repetitions

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Lunge Lift

- *Lay supine on your back.*
- *Press your shoulder 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.*
- *Bend both knees and place the feet flat on the floor.*
- *Keep equal weight on both feet.*
- *Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Inhale begin to roll your low back off the floor.*
- *As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.*
- *Keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Avoid the temptation to thrust the ribs forward.*
- *Exhale and roll your back down towards the floor.*
- *Articulating as you roll, placing each vertebrae on the floor at a time.*
- *Keep your pelvis still and square.*
- *Repeat the movement up to 10 repetitions*

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Plie Side Step

- *Lay supine on your back.*
- *Press your shoulder 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.*
- *Bend both knees and place the feet flat on the floor.*
- *Keep equal weight on both feet.*
- *Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Inhale begin to roll your low back off the floor.*
- *As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.*
- *Keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Avoid the temptation to thrust the ribs forward.*
- *Exhale and roll your back down towards the floor.*
- *Articulating as you roll, placing each vertebrae on the floor at a time.*
- *Keep your pelvis still and square.*
- *Repeat the movement up to 10 repetitions*

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Squat Heel Lift

- *Lay supine on your back.*
- *Press your shoulder 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.*
- *Bend both knees and place the feet flat on the floor.*
- *Keep equal weight on both feet.*
- *Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement)*
- *Keep your shoulder blades drawn down your back.*
- *Draw your belly button into your spine.*
- *Inhale begin to roll your low back off the floor.*
- *As you roll through your back, lengthen your hip flexors by envisioning your knees reaching towards the wall.*
- *Keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Avoid the temptation to thrust the ribs forward.*
- *Exhale and roll your back down towards the floor.*
- *Articulating as you roll, placing each vertebrae on the floor at a time.*
- *Keep your pelvis still and square.*
- *Repeat the movement up to 10 repetitions*

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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

