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When we think about getting healthy nutrition is just as important as exercise when you want the results you are looking for. You can get the most out of the challenge and use the [7-Day Pilates Challenge Meal Plan!](#)

7-Day Pilates Challenge Workout One: Pilates Abs Burner

Warm Up:

1. Reverse Step Backs (20 seconds)
2. Side Rotations (20 seconds)(hands interlaced behind head, twist at the waist)

Workout setup:

Do 4 rounds, 12 reps of each move, rest 20 seconds between each round

1. **Ab Cincher** (12 reps)
These target your lower abs! No More Belly Pooch =)

Control your movement and take your time. Extend your arms straight behind you and legs extended in front and you circle arms around and place hands on tops of knees. Stay up off your shoulder blades if possible. Keep your abdominals pulled in at all times.

Modification: keep your head down throughout the entire move and keep knees slightly bent.

2. **Single Leg** (12 reps)
Your Upper Abs Feel the Burn with this One!

Control your move as you move your legs out and in. Start with knees bent, hands on top right knee, alternate legs and move hands back and forth from knee to knee. Keep your shoulders off the floor as much as possible.

Modification: keep your head down and pull knees in towards your chest.

3. **Cross-Body Leg Lift** (12 reps)

Bye-Bye Love Handles! Your Obliques will LOVE these!

Make sure to breathe as you switch legs and take your time. Both legs are extended straight out. Right hand behind head while left hand reaches to the right leg as you bring it straight up.

Modification: If you are unable to keep your leg extended straight, slightly bend at the knee.

4. **Diamond Floating Extension** (12 reps)

Can You Say Tight Abs!! You'll Love how Tight your Abs will feel with these!

Keep your pelvis and spine in a neutral position and no tucking of your chin. Bottom of feet press together as you open your hips, then press knees down towards the floor. Hands firmly interlaced behind your head, lift at your chest to bring your upper torso up.

Modification: If your hips are tight, keep them as open as possible and lift your chest up as high as you can hold proper alignment.



Have a challenge question or need tech support? Email support@360pilatesworkout.com to get Help or respond to your Email.