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Today is The Day To Get MOTIVATED!

There can be some days when everything seems to go wrong! But not today...I want to make sure you are taking care of yourself and no bad talk.

Click here for ["A Little Pep Talk"](#)

7-Day Pilates Challenge Workout Four: Muffin Top Abs Burner

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Warm Up:

1. Supine Stretch (10 reps)
2. Roll up Knees Bent (8 reps)

Workout setup:

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

1. **Forearm Plank Hip Twist** (12 reps)
[Your Obliques Will Feel the Burn!](#)

Control your movement! Keep your abdominals pulled in towards your belly button. Avoid arching the low back or tucking your head down. Start with belly down on the floor or a mat. Push yourself up onto your forearms with legs extended back behind you. Feet are width of a mat and shoulders directly over your elbows. Twist at your waist as you rotate from the obliques side to side.

Modification: *Keep both knees bent down on the mat.*

2. **Side Forearm Plank Hold (Knee Bent) Knee Tucks - Right/Left** (12reps)
[Sexy Tapered Waistline!](#)

Start on your side, bottom knee bent with top leg stacked on top extended straight out. Push yourself up onto your forearm, lift hips off the floor and lift the top leg up in line to your hip. Top hand interlaced behind your head as you bend the knee of the top leg into your chest. Remember to inhale and exhale as you move your leg in and out.

Modification: *Keep both hips down on the floor, tuck top knee into chest.*

3. **Diamond Twist** (12 reps)

[Drop Inches Off Your Pant Size With This Staple Move!](#)

Stay in control of your move as you progress. Start on a mat or floor placed on your back. Hands are interlaced behind your head. Bottom of feet press together as both hips open to the side and knees pressed down to the floor. Maintain a neutral pelvis and spine throughout. Inhale lift chest up towards the floor. Exhale hold the position as you twist side to side. Do not let your hips or pelvis rock side to side.

Modification: If your hips are too tight and stiff, open them as much as you can. Avoid any tucking of the chin for this exercise.

4. **Scissors Left/Right** (12 reps)

[Sculpt Svelte Curves with Targeted Oblique Work!](#)

Control your hips and pelvis while you take your time with this move. Start on your side, arms extended straight above head and legs straight out in a long line. Engage abdominals and lengthen the torso as you hover both legs off the floor. Inhale bring top leg forward as the bottom leg goes behind your body. Repeat movement on opposite side.

Modification: Slightly bend both knees while on your side. Keep both legs down. Do not hover them. Bring top leg up and move back and forth while the opposite leg stays firmly planted on the floor. Repeat on opposite side.

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Have a challenge question or need tech support? Email
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