



Hi! I know you're serious about this! Do not make the mistake of guessing and going with the flow on your diet. Nutrition is a super important part of the equation.

Combining the right foods with the workouts in this challenge and experience the lifelong benefits to your health, your energy and your results.

## 30-Day #FTFB Challenge – Day 14 “Simple Fat Shredder”

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### **Workout setup:**

Do 4 rounds, 10 reps of each move, rest 30 seconds between each round

#### 1. [Mountain X-Climber \(10 reps\)](#)

Begin with hands on the floor, in line to your shoulders, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest, extend leg back switch to left side. Continue to bend right knee across to left side alternate bend left knee across to right side. Continue movement for the prescribed rep count.

*Modification:* Keep hands inline to your shoulder, bend both knees down to the floor, and pull your right knee in towards your chest, alternate switch sides to pull in the left knee. Keep your tummy pulled in at all times. Continue to pull knee in to center and alternate.

#### 2. [Spider Side Tuck \(10 reps\)](#)

Start in a plank position, legs extended straight behind you. Forearms on the floor, push your body up into a plank position. Hold position as you tuck your pelvis under. Keep your tummy pulled in and do not arch your back.

*Modification:* Start in a plank position; bend both knees placed down on the floor. Hold the plank position as you tuck your pelvis under while maintaining control of your torso.

#### 3. [London Bridge Hold Squeeze Reach \(10 reps\)](#)

Start with bending your knees and placing your back and hands on the floor. Roll off your back off the floor, keeping your hips up squeeze glutes for prescribed rep count. Extend right leg up to the sky, reach leg up to the sky for the prescribed rep count, lower leg down to the floor. Hold for glute squeeze for prescribed rep count. Extend left leg up towards the sky, reach up for the prescribed rep count, and lower leg down to the floor.

*Modification: Do not extend the leg straight up to the sky, slightly bend the knee and reach as high as you can with your hips.*

4. **Low Row X Band Pull (10 reps)**

Use a stretch band for resistance. Start with both legs extended straight out on the floor. Place band behind the feet as you hold one side of each band with hands. Bend your elbows as you pull the band and move elbows towards your back. Continue this movement for the prescribed rep count.

*Modification: Do not use the band to pull on. Instead move your arms forward and back. If you find it challenging to keep the legs straight, keep a slight bend in both knees.*

5. **B to W Pull (10 reps)**

Use a stretch band for resistance. Start with both legs extended straight out on the floor. Place band behind the feet as you hold each side of each band with hands. Bend your elbows for a curl, extend arms straight and pull elbows back behind you. Start back again by bending your elbows for a curl. Continue this movement for the prescribed rep count.

*Modification: Do not use the band to pull on. Instead move your arms forward and back. If you find it challenging to keep the legs straight, keep a slight bend in both knees.*



**Have a challenge question or need tech support? Email [support@360pilatesworkout.com](mailto:support@360pilatesworkout.com)**