



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 19 “FTFB Sculptor”

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### **Workout setup:**

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

1. **Core Lift Twist (10 reps)**

Begin with lying on the floor, both hands interlaced behind your head. Knees bent with feet firmly pressed on the floor. Exhale as you lift your chest up and shoulders off the floor. Do not tuck your chin down. Hold at the top position as you twist side to side, twisting at the waistline. Then lower yourself back onto the floor.

*Modification: Lift your shoulders off the floor as high as possible. Do not lift to high that your low back starts to arch.*

2. **Forearm T-Extension (10 reps)**

Begin in a sitting position, both knees bent arms positioned behind your body with forearms bent on the floor. Keep the chest lifted and opened at all times with your belly button pulled in. Lift both legs up to a tabletop position, inhale extend both legs straight out; as you exhale pull both knees back into the chest.

*Modification: Start with both forearms down on the floor, lift one leg at a time, extend leg out and in. Lower the leg and switch sides. Continue this movement as you do the prescribed rep count.*

3. **Pike Push-Up (10 reps)**

Begin by placing your feet firmly on the floor, roll down and place hands on the floor. Open your feet so they are in the width of your shoulders. Keep your hips and glutes pressed up towards the sky. Bend both elbows out the side as you lower the top of your head down onto the floor. Extend arms back to the starting position. Keep both legs extended straight at all times and your tummy pulled in.

*Modification: Slightly bend both knees; position your hands on the edge of a chair or the armrest of a couch. Bend your elbows as the top of your head touches down.*

4. **London Bridge Toe Tap (10 reps)**

Start by placing your back on the floor either on a mat or on the floor. Exhale as you roll up. Do not arch your back; keep your pelvis tucked under the entire time with your tummy pulled in. Hold the position with your hips up as you lift the right knee up in line to your hips, lower and tap the toe to the floor. Inhale to lower the leg and exhale as you lift. Continue the prescribed rep count on this leg then switch. As you progress through the movement do not let your ribs thrust forward and out. Keep them pulled in.

*Modification: Keep your hips on the floor with both arms lengthened along your side. Exhale lift the leg and inhale lower the leg. Continue the movement on the right leg then proceed to the left.*



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