



Take just a few minutes today and move your body! Your body will love you for it and you'll instantly boost your energy levels!

30-Day FTFB Challenge – Day 24: “Buns and Tummy”

Workout setup: Do 5 rounds, Rest 30 seconds between each round

1. **London Bridge Leg Reach Right/Left (12 reps)**

Roll through your back to bring your hips up. Do not let your low back arch. You will feel your glutes and hamstrings working. Keep belly button pulled in towards your spine as you lift right leg off the floor up towards the sky and reach the leg up for the prescribed rep count. Switch to the opposite side. Be sure to keep your shoulders open at all times and hands firmly pressed to the floor.

Modification: Lift your hips up as high as you can maintain proper form without letting your back arch.

2. **London Bridge Side Out Right/Left (12 reps)**

Roll through your back to bring your hips up. Do not let your low back arch. You will feel your glutes and hamstrings working. Keep belly button pulled in towards your spine as you lift right leg off the floor up towards the sky, flex the foot flat move the leg out to the side as you keep your hips as still as possible. Switch to the opposite side. Be sure to keep your shoulders open at all times and hands firmly pressed to the floor.

Modification: Lift your hips up as high as you can maintain proper form without letting your back arch.

3. **Tummy Cincher (12 reps)**

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.

4. Side Line Lift (12 reps)

Start with both legs extended straight out. Legs stacked, lift and lower both legs keeping head down. Draw tummy in and keep tight. Head stays down on right arm as you lay on your right side to lift both legs. Switch sides.

Modification: Bring legs out to an angle, position top hand in front of your body for support as you lift the legs as high as you can.



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