



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 continue with your entire 30-Day FTFB Challenge!

30-Day #FTFB Challenge – Day 1: “Flat Tummy Tightener”

Workout setup:

Do 3 rounds, 10 reps of each move, rest 30 seconds between each round

1. [Roll-Up Knees Bent \(10 reps\)](#)

Control your movement and take your time. Extend arms straight in line to your head. Bend both knees and keep inner thighs and knees pressing together. Inhale and exhale as you roll to a sitting position.

Modification: Keep your torso down on the floor. Do not lift all the way up to sitting. Roll up to your midback then back down to the floor.

2. [Roll-Up Legs Straight \(10 reps\)](#)

Control your movement and take your time. Extend arms straight in line to your head, legs straight out in front of you. Squeeze inner thighs together and keep abdominals pulled in. Inhale and as you exhale roll up and over towards your thighs. Inhale and exhale roll back down to the floor.

Modification: Slightly bend both knees to begin with. Do not roll all the way up to a sitting position. Roll half way to the midback while keeping your abdominals pulled in.

3. [Core Lift Knees Bent \(10 reps\)](#)

Begin with both knees bent, hands interlaced behind your head. Inhale and as you exhale lift chest up towards the knees. Keep your hips and pelvis as still as possible. Lift both shoulders off the floor as you move forward and back in the movement.

Modification: Keep both hands interlaced behind your head lift and twist to one side, lower your head as you go back to the center, lift and twist opposite.

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

Begin with both knees bent, hands interlaced behind your head. Inhale and as you exhale lift chest up towards the knees. Keep your hips and pelvis as still as possible. Keep both shoulders off the floor as you rotate side to side by using your obliques.

Modification: Keep both hands interlaced behind your head as you lift and twist to one side, lower your head as you go back to the center, lift and twist to opposite side.

5. **Mountain Climber (10 reps)**

Begin with hands in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

Modification: Keep hands inline to your shoulder, bend both knees down to the floor, 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.

6. **X-Climber (10 reps)**

Begin with hands in line to your shoulder, legs extended straight back behind you. Holding yourself in a pushup position, bend right knee pull into your chest as you switch sides and alternate back and forth.

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

7. **London Bridge Glute Squeeze (10 reps)**

Begin with lying on your back with both knees bent and arms down along your side. Exhale as you roll up, keeping your shoulder, hip and knee in one line. Hold the position as you squeeze the glutes as tight as possible. Keep your tummy pulled in and belly button pulled in towards your spine to prevent the low back from arching.

Modification: Bring your hips up as high as possible. Keeping your belly button pulled in at all times. Hold this position as you squeeze your glutes as tight as possible.

8. **London Bridge Right Leg Reach (10 reps)**

Begin with lying on your back with both knees bent and arms down along your side. Exhale as you roll up, keeping your shoulder, hip and knee in one

line. Keep your tummy pulled in and belly button pulled in towards your spine to prevent the low back from arching. Extend right leg straight up towards the sky as you reach it up for the rep count prescribed.

Modification: Bring your hips up as high as possible. Keeping your belly button pulled in at all times. Hold this position as you extend the right leg straight up towards the sky.

9. **London Bridge Left Leg Reach (10 reps)**

Begin with lying on your back with both knees bent and arms down along your side. Exhale as you roll up, keeping your shoulder, hip and knee in one line. Keep your tummy pulled in and belly button pulled in towards your spine to prevent the low back from arching. Extend left leg straight up towards the sky as you reach it up for the rep count prescribed.

Modification: Bring your hips up as high as possible. Keeping your belly button pulled in at all times. Hold this position as you extend the left leg straight up towards the sky.

10. **Side Forearm Plank Hold Knees Bent Right/Left (10 second hold)**

Control your movement and positioning. Start with right forearm on the floor, both knees bent. Hips stacked. Lift right side off the floor holding as high as possible, hold the position for 10 seconds. Switch to left side and hold yourself in the side plank position for 10 seconds.

Modification: Start on your right side; lift your side off the floor as much as you can. Every little bit counts. Tuck your knees up higher towards your chest.

11. **Swimming (10 reps)**

Control your movement throughout. Start tummy down on the floor. Press your hips into the floor as you lift your legs and arms off the floor. Allowing them to hover. Lift the right leg and left arm up a little higher and alternate side. Keep moving your legs and arms up and down. Keep your head in alignment to your spine; do not pick your head up. Eyes facing down towards the floor at all times.

Modification: Do not hover your legs or arms off the floor. Keep them down as you alternate sides. If there is any discomfort in your lower back, roll up a small towel and place underneath your hips for support.

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