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FIT Pilates Abs 21-Day Plan

By: Sylvia Favela

Welcome!

Welcome to the FIT Pilates Abs 21-Day Plan. I'm excited for you to experience the New Innovative Pilates Abs System. Below I've outlined some important points to keep in mind when going through your system.

In addition, I've explained exactly how to properly use the system. You will find step-by-step instructions.

So, whether you're a novice to exercising, advanced or a top fitness athlete, this system is designed to challenge any fitness level over the course of 21-Days by doing each movement as explained in the program.

But first, keep the following core principles in mind and you'll do great!

- **Core Principle #1** – Mindful control of your body. Body awareness is the key to executing the Pilates movement.
- **Core Principle #2** – Quality NOT Quantity. Each and every move is designed to target the small intricate muscles. Always pull your abdominals in and keep them zipped in and up while practicing your moves. Your abdominals do not rest at any time while performing each exercise.
- **Core Principle #3** – Be safe. If you feel any discomfort in your low back, pull up through the pelvic floor and draw your knees a bit closer to your body. If your neck bothers you at any time, keep your head down.
- **Core Principle #4** – Consistency. As you stay consistent with your workouts for 21-Days you will visible see dramatic changes in your waistline. When done as prescribed below and through each workout you will see an increase in core strength and muscle endurance.
- **Core Principle #5** – Connect. The secret behind the FIT Pilates Abs Method ® is the ability to target multiple muscle groups in the abdominals at once and strengthen the weak intricate muscles often forgotten about. By training the muscles in your body to connect and coordinate as one unit and fire at 100%.

This unique combination means superior results in much less time than you would have to spend on traditional training.

As you continue on your daily routine of FIT Pilates Abs® you'll feel muscles you've never felt before. Your body will feel strong and energized. Your waistline will shrink and your core will be stronger.

FIT Pilates Abs® is the Journey to a Healthy-Balanced Strong Body!
Ok, now let's go through a few items in the checklist below to ensure you are good to go!

Checklist

- _____ Have you clearly established a specific goal (how many inches you want to lose or the size of pants you want to fit in?)

- _____ Did you write down your goal so that you can review it daily? I recommend you posting this up where you can see it everyday as a reminder of what you're working towards.

- _____ Do you have all the proper links saved on your computer to access your workouts?

- _____ Did you plan out what time you'll be doing your workouts? It is best to do this first thing in the morning. When you set up your workouts before any other tasks in the morning you're energized and ready for the day.

- _____ Did you plan out your weekly exercise schedule based on your daily (morning, lunch time, afternoon, etc.) routine? Set up a plan that works for your schedule and stick with it.

- _____ Have you saved all 3 Phases? Phase 1: The 21-Day Plan, Phase 2: Timeless Beauty Plan and Phase 3: Tummy Sculpting?

- _____ Have you saved all the extra bonuses you received?

_____ Have you printed your Calendar, Workout sheets and Tummy Sculpting? With these sheets in hand you're tracking your progress from Day 1 to Day 21.

_____ Have you read through "How to Use the FIT Pilates Abs System below?"

_____ Have you checked off all the items on the list? If so, congratulations, you're ready to experience the benefits of FIT Pilates Abs System.

Here's another piece of advice I want to share with you, it is with regard to sticking with your FIT Pilates Abs program!

While the FIT Pilates Abs system is designed for you to do over 21 consecutive days I understand life happens and schedules may get out of whack. So keep this in mind....

1. **Reset days.** If your body is feeling tired or sore, it's normal to take a day off to reset your mind and body. But as long as it's just one day and not the entire week.
2. **Always Get Back To It.** Should it ever happen that you fall off the wagon and that one-day of no workout turns into two..three..Then STOP! It happened, you fell off. Get right back on it. Pick up where you stopped and keep at it.

The worst thing you can do is stop completely. So...Keep going!

3. **Double Up.** Need a little pick me up? Add in an extra workout that day if you had a really bad weekend of eating less than healthy meals.

It's perfectly okay to add in an extra WOD (workout of the day) to the current day you are on.

4. **Ask.** If you find yourself stuck with any movements in the system, don't hesitate to ask. FIT Pilates Abs exercises will challenge you.
5. **Control.** Should you find yourself on vacation or on a weekend getaway, be sure to stay on track and do the WOD for the day in the FIT Pilates Abs System.™ This will help to start your day! You'll make better food choices when tempted by some less than healthy options.
6. **Lighter Choice.** Suddenly you find yourself sitting at a restaurant with less than favorable options, always go for the lighter choice. Depending where you're at, there may not be a super healthy option. Go for the lighter choice, what I mean is not drenched in butter or sauce. Make sense =)

“How To Use The FIT Pilates Abs System”

The FIT Pilates Abs system has been created in 3 different Phases, which are:

Phase 1: 21-Day Plan, which includes outline of 21 different illustrated workouts to do for the course of 21 days.

Phase 2: Timeless Beauty Plan, A 21-day calendar giving you schedule of workouts to do over the next 21 days. With your calendar are Workout Sheets, these are sheets have each exercise illustrated from day 1 to day 21. This will keep you on track with the system.

Phase 3: Tummy Sculpting, these illustrated abs workouts have been designed for you to complete on the weekend as a finisher to your abs workout during the week. You'll quickly feel your midsection tighten and shrink as you head into the weekend with these moves.

You can start on any day of the week, doesn't necessarily need to be on Monday. However, you must complete the workouts in order as prescribed on the calendar.

The Tummy Sculpting WODs must be done as recommended on the calendar.

Directions:

Read through this manual for an overview of the entire 21 days of Pilates Abs workouts. Then proceed to Day 1 on the Calendar and the Workout Sheets.

Follow the workout given on both. You will also

Begin with day 1 and proceed to the next day as prescribed. Once you've reached the “Tummy Sculpting” WODs, refer to the PDF with the illustrated workouts.

For each day you will see the following workout layout. Each layout is set for rounds (or sets) and recovery time.

For example: **4R:10, 20sec**

4R – means 4 Rounds of each movement

10 – means the repetition of each movement

20sec. – means 20 second recovery between each round

If you find yourself struggling with completing the 4 Rounds of each workout, reduce it to 3 rounds then work your way up to 4 rounds.

NOW! Have Fun and Enjoy the Benefits of the FIT Pilates Abs System!

Sylvia =)

21 Day Fit Pilates Abs Plan:

Pilates Abs #1	Pilates Abs #2	Pilates Abs #3
3x10 Roll-Up Curl	3x10 Push-Up Back	3x10 Ab Side Twist
3x10 Forearm Plank Jacks	3x10 Ab Leg Switch	3x10 Core Cincher
3x10 X-Climber	3x10 Side Twist	3x10 Tuck In
Pilates Abs #4	Pilates Abs #5	Pilates Abs #6
3x12 Roll Up	3x12 T-Leg Switch	Tummy Sculpting WOD #1
3x12 Tricep Curl Down	3x12 Lunge Back	
3x12 Plank X-Roll	3x12 Ab Reach Switch	
Pilates Abs #7	Pilates Abs #8	Pilates Abs #9
3x15 Spider Climber	3x15 Tuck In Twist	4x12 T-Leg Switch
3x15 T-Extension	3x15 XPushup Lift	4x12 T-Extension Out
3x15 Ab Kick Pushup	3x15 V-Twist	4x12 Pushup Out
Pilates Abs #10	Pilates Abs #11	Pilates Abs #12
4x12 Side Twist	3x15 Roll Up	4x8 Core V Twist
4x12 Pushup Twist	3x15 Core V Sit	4x8 Plank Reach Lift
4x12 Core V Leg Switch	3x15 Core V Out	4x8 Core Twist V2

Pilates Abs #13	Pilates Abs #14	Pilates Abs #15
Tummy Sculpting WOD#2	3x12 X-Pushup Lift	4x10 Pushup Back
	3x12 Ab Leg Reach	4x10 Ab Leg Switch
	3x12 T Extension	4x10 Core Twist V
Pilates Abs #16	Pilates Abs #17	Pilates Abs #18
3x12 T Leg Switch	4x10 Core Cincher	4x12 Side Twist
3x12sec Forearm Plank	4x10 Plank Reach	4x12 Spider Climber
3x12 Forearm Plank Jacks	4x10 Plank X-Roll	4x12 T-Extension Out
Pilates Abs #19	Pilates Abs #20	Pilates Abs #21
3x18 X-Climber	Tummy Sculpting WOD #3	Tummy Sculpting WOD #4
3x18 Ab Leg Switch		
3x18 Pushup Back		



Pilates Abs #1

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Roll Up Curl</i>	3	10		
<i>Forearm Plank Jacks</i>	3	10		
<i>X-Climbers</i>	3	10		






Pilates Abs #2

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Pushup Back</i>	3	10		
<i>Ab Leg Switch</i>	3	10		
<i>Side Twist</i>	3	10		







Pilates Abs #3

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Ab Side Twist</i>	3	10		
<i>Core Cincher</i>	3	10		
<i>Tuck In</i>	3	10		

Pilates Abs #4

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Roll Up</i>	3	12		
<u>Tricep Curl Down</u>	3	12		
<i>Plank X-Roll</i>	3	12		

Pilates Abs #5

EXERCISE	ROUNDS	REPS	START	FINISH
<i>T-Leg Switch</i>	3	12		
<i>Lunge Back</i>	3	12		
<i>Ab Reach Switch</i>	3	12		






Pilates Abs #7

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Spider Climber</i>	3	15		
<i>T Extension</i>	3	15		
<i>Ab Kick Pushup</i>	3	15		






Pilates Abs #8

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Tuck In Twist</i>	3	15		
<i>X Pushup Lift</i>	3	15		
<i>V-Twist</i>	3	15		

Pilates Abs #9

EXERCISE	ROUNDS	REPS	START	FINISH
<i>T-Leg Switch</i>	4	12		
<i>T Extension Out</i>	4	12		
<i>Pushup Out</i>	4	12		






Pilates Abs #10

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Side Twist</i>	4	12		
<i>Pushup Twist</i>	4	12		
<i>Core V Leg Switch</i>	4	12		







Pilates Abs #11

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Roll Up</i>	3	15		
<i>Core V Sit</i>	3	15		
<i>Core V Out</i>	3	15		






Pilates Abs #12

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Core V Twist</i>	4	8		
<i>Plank Reach Lift</i>	4	8		
<i>Core Twist V2</i>	4	8		






Pilates Abs #14

EXERCISE	ROUNDS	REPS	START	FINISH
<i>X-Pushup Lift</i>	3	12		
<i>Ab Leg Reach</i>	3	12		
<i>T Extension</i>	3	12		







Pilates Abs #15

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Pushup Back</i>	4	10		
<i>Ab Leg Switch</i>	4	10		
<i>Core Twist V</i>	4	10		


Pilates Abs #16

EXERCISE	ROUNDS	REPS	START	FINISH
<i>T Leg Switch</i>	3	12		
<i>Forearm Plank</i>	3	12 seconds		
<i>Forearm Plank Jacks</i>	4	8		

Pilates Abs #17

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Core Cincher</i>	4	10		
<i>Plank Reach</i>	4	10		
<i>Plank X-Roll</i>	4	10		

Pilates Abs #18

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Side Twist</i>	4	12		
<i>Spider Climber</i>	4	12		
<i>T Extension Out</i>	4	12		

Pilates Abs #19

EXERCISE	ROUNDS	REPS	START	FINISH
<i>X-Climber</i>	3	18		
<i>Ab Leg Switch</i>	3	18		
<i>Pushup Back</i>	3	18		

