

Lose The Muffin Top With Pilates

Fast and Effective Pilates Exercises That'll...

*Shrink Your Wasitline

*Flatten Your Tummy

*Define Your Midsection



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[Find out more about Pilates here.](#)

Hey,

I wanted to thank you for purchasing my program. I know that when you unpack it and put it to use that you'll see great results.

As an unannounced bonus, I wanted to introduce you to my friend Sylvia Favela. She's the 'Pilate's Chick'. To me, doing Pilates now is sort of like what eating broccoli was to me as a kid. I didn't really like it, but I knew that it was good for me.

Pilates is great for core strengthening and stability and Sylvia makes it easy (to follow!). It's growing on me ;)

I think it's something that you should try, so here you go. This is a great workout.

If you want more of Sylvia's cool moves, head over [HERE](#) and you'll find just that. She really knows what she's talking about.

All the best with your fitness progress. Make sure to keep in touch and let me know how I can help you.

Sincerely,

Shawna Kaminski

Author: Female Fat Loss Over Forty

[Find out more about Pilates here.](#)

Take it away Sylvia...

Exercise Considerations

Consult with a physician before beginning the exercises in this book. A physician can determine which exercises are appropriate for you or your clients, and if any should be avoided or modified.

Disclaimer

This Lose the Muffin Top with Pilates is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you or your client has a health problem, please have him or her seek the services of a physician or healthcare professional.

Exercise is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in exercise and exercise prescriptions are inevitable. The author has checked with sources believed to be reliable in her effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, in view of the possibility of human error or changes in exercise science, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

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Below you will find an outline of each exercise with illustrated pictures of each move with detailed step-by-step instructions...

Pelvic Curl



- ❖ *Lay flat on your back.*
- ❖ *Keep the small space under your low back (this is your spine's natural curve).*
- ❖ *Your shoulders must stay opened and pushed into the floor.*
- ❖ *Push the heel of your palms firmly into the floor to activate your triceps.*
- ❖ *Draw your rib cage down towards the waistline.*
- ❖ *Pull your belly button into the spine while keeping equal weight on both feet.*
- ❖ *Knees and feet hip width apart (this is about the width of your fist, place your fist between your knees for measurement).*
- ❖ *Inhale for no movement.*
- ❖ *Exhale roll off your low back and draw your hips up towards the ceiling.*
- ❖ *Think of your knees reaching out towards the wall, this will help you to stretch and lengthen the hips flexors.*
- ❖ *Inhale hold at the top.*
- ❖ *Exhale begin to roll your back down onto the floor, articulating your spine one vertebrae at a time.*
- ❖ *Inhale for no movement.*
- ❖ *Exhale repeat the movement.*
- ❖ *Do 5 to 10 repetitions, 3 sets (rest 15 seconds between each set)*

You should be feeling as if you are wearing a tight belt around your waistline as you execute this move. And keep your inner thighs engaged at all times.

With each movement up and down engage the pelvic floor to help deepen the engagement of the abdominals (specifically the transverse abdominals)

[Find out more about Pilates here.](#)

Keep your pelvis square and as still as possible. Your body will try to move out of alignment your goal is to keep your body in proper alignment for effective balanced muscle engagement.

Booty Lift Curl



- ❖ *Lay flat on your back.*
- ❖ *Keep the small space under your low back (this is your spine's natural curve).*
- ❖ *Your shoulders must stay opened and pushed into the floor.*
- ❖ *Push the heel of your palms firmly into the floor to activate your triceps.*
- ❖ *Draw your rib cage down towards the waistline.*
- ❖ *Pull your belly button into the spine while keeping equal weight on both feet.*
- ❖ *Bring your knees and feet together, engage your inner thighs by squeezing them tightly and push firmly under your big toe.*
- ❖ *Extend your left leg out and point your toe.*
- ❖ *Keep both knees together, side-by-side, Inhale for no movement.*
- ❖ *Exhale roll off your low back and draw your hips up towards the ceiling.*
- ❖ *Keep your left leg out reaching out towards the wall.*
- ❖ *Inhale hold at the top.*
- ❖ *Exhale begin to roll your back down onto the floor, articulating your spine one vertebrae at a time.*
- ❖ *Inhale for no movement.*
- ❖ *Exhale repeat the movement.*
- ❖ *Do 5 to 10 repetitions*
- ❖ *Switch legs.*
- ❖ *Extend the right leg out and point your toe.*
- ❖ *Keep both knees together, side-by-side. Inhale for no movement.*
- ❖ *Exhale roll off your low back and draw your hips up towards the ceiling.*
- ❖ *Keep your right leg out reaching out towards the wall.*
- ❖ *Inhale hold at the top.*
- ❖ *Exhale begin to roll your back down onto the floor, articulating your spine one vertebrae at a time.*
- ❖ *Inhale for no movement.*
- ❖ *Exhale repeat the movement. Do 5 to 10 repetitions, 3 sets (rest 15 seconds between each set)*

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You will feel your hamstrings and gluteus working, keep your inner thighs engaged at all times by squeezing your inner thighs together.

With each movement up and down engage the pelvic floor to help deepen the engagement of the abdominals (specifically the transverse abdominals)

Chest Lift



- ❖ *Lay on your back. Interlace your hands behind your head (do not just use your finger tips to hold your head)*
- ❖ *Draw your shoulder blades down your back.*
- ❖ *Bend both knees, keeping the knees together.*
- ❖ *Draw your rib cage down and towards each other.*
- ❖ *The small space under your low back is normal; this is the natural curve of your spine the space will disappear by engaging your deep transverse abdominals.*
- ❖ *Inhale for no movement*
- ❖ *Exhale lift leading with your chest towards your thighs.*
- ❖ *Inhale at the top.*
- ❖ *Exhale lower back down to the floor.*
- ❖ *Inhale and repeat the motion*
- ❖ *Do 5-10 repetitions, 3 sets (rest 15 seconds between each set)*

When practicing this movement do not tuck your chin to your chest or pull on your neck to get your shoulder blades off the floor.

Lead your chest towards your thighs as you exhale to lift and deepen the engagement of the abdominals. Avoid the temptation to thrust the ribs forward. It will be a challenge to keep your pelvis still and not thrust your ribs out but this will recruit the proper abdominal muscles required to strengthen your core and prevent injury or strain to your neck, shoulders and lower back.

[Find out more about Pilates here.](#)

Cross Twist



- ❖ *Lay on your back. Interlace your hands behind your head (do not just use your finger tips to hold your head)*
- ❖ *Draw your shoulder blades down your back.*
- ❖ *Bend both knees, keeping the knees together.*
- ❖ *Draw your rib cage down and towards each other.*
- ❖ *The small space under your low back is normal; this is the natural curve of your spine the space will disappear by engaging your deep transverse abdominals.*
- ❖ *Inhale, lift leading with your chest towards your thighs.*
- ❖ *Exhale twist towards the left, do not lead with your elbows, instead lead your arm pit toward your knee*
- ❖ *Keep your ribs drawn in and your belly button pulled in.*
- ❖ *Inhale center*
- ❖ *Exhale twist towards the right.*
- ❖ *Inhale center and repeat motion for 5-10 repetitions, 3 sets (rest 15 seconds between each set)*

When practicing this movement do not tuck your chin to your chest or pull on your neck to get your shoulder blades off the floor.

Keep your chin in between your chest. The natural habit is to twist your head and elbows; DO NOT DO THIS...Your goal is to twist at the oblique's (this is the bodies natural rotators in the body)

Lead your chest towards your thighs as you exhale to lift and deepen the engagement of the abdominals. Avoid the temptation to thrust the ribs forward. It will be a challenge to keep your pelvis still and not thrust your ribs out but this will recruit the proper abdominal muscles required to strengthen your core and prevent injury or strain to your neck, shoulders and lower back.

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Cross Twist Leg Lift



- ❖ *Lay on your back. Interlace your hands behind your head (do not just use your finger tips to hold your head)*
- ❖ *Draw your shoulder blades down your back.*
- ❖ *Bend both knees, take them up to tabletop.*
- ❖ *Draw your rib cage down and towards each other.*
- ❖ *The small space under your low back is normal; this is the natural curve of your spine the space will disappear by engaging your deep transverse abdominals.*
- ❖ *Inhale lift your chest up towards your thigh.*
- ❖ *Exhale twist towards the left, as you lower your right toe down to the floor.*
- ❖ *Inhale center*
- ❖ *Exhale twist towards the right, as you lower your left toe down to the floor.*
- ❖ *Inhale center and repeat motion for 5-10 repetitions, 3 sets (rest 15 seconds between each set)*

You will be working your inner, outer thighs, obliques and deep abs

Do not tuck your chin to your chest or pull on your neck to get your shoulder blades off the floor.

Keep your chin in between your chest. The natural habit is to twist your head and elbows, DO NOT DO THIS...Your goal is to twist at the oblique's (this is the bodies natural rotators in the body)

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Ab Sweep



- ❖ *Lay flat on your back with your knees bent.*
- ❖ *Keeping your pelvis still, pull your bent knees into your chest into tabletop position.*
- ❖ *Draw your rib cage down and towards each other.*
- ❖ *Lift your chest to your thighs, placing your hands on top of your knees.*
- ❖ *Inhale, extend your arms over your head and legs straight out.*
- ❖ *Exhale, sweep your arms around and back to start position.*
- ❖ *Keep your chest lifted maintain upper body flexion.*
- ❖ *Imagine you are zipping your abdominals in.*
- ❖ *Do not let the ribs flare open when the arms extend overhead.*
- ❖ *Repeat same motion for 5-10 repetitions, 3 sets (rest 15 seconds between each set)*

You will be working deeply in the abdominals, inner/outer thighs, gluteus and arms.

Make sure to squeeze your inner thighs together and control your motion. If straightening the legs is not possible in the beginning keep them slightly bent and work up to straight legs.

Pull 1



- ❖ *Lay on your back on the floor.*
- ❖ *Bend both knees, inhale bring them into your chest.*
- ❖ *Extend the left leg straight up to the ceiling.*
- ❖ *Maintain a still pelvis, engage the pelvic floor to prevent movement.*
- ❖ *Keep the right leg straight down to the floor, press the heel to the floor.*
- ❖ *Other leg reaches up towards the ceiling.*
- ❖ *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- ❖ *Slowly draw the rib cage in and down towards the waistline.*
- ❖ *Place one both hands behind the thigh and calve. (Do not pull on the back of the knee)*
- ❖ *Exhale pulse the leg towards you two times*
- ❖ *Inhale switch legs in the air.*
- ❖ *Attempt to meet your chest and thighs together, don't let your leg do all the work.*
- ❖ *Repeat the movement 5- 10 repetitions, 3 sets (rest between each set 15 seconds)*

You are targeting your deep abdominal muscles and the entire leg. As you progress through the movement keep your hips still and do not rock them side-to-side.

Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If your hamstrings are still a bit tight to hold the leg straight, slightly bend at the knee.

[Find out more about Pilates here.](#)

Oblique Twist



- ❖ *Lay on your back on the floor.*
- ❖ *Inhale extend the left leg up towards the ceiling.*
- ❖ *Lower the left leg straight down to the floor.*
- ❖ *Keep both legs lengthened and as straight as possible by tightening right above your kneecap.*
- ❖ *Do not allow the ribs to flare out, keep the abdominals drawn in and down towards the waistline.*
- ❖ *Firmly interlace both hands behind your head.*
- ❖ *Exhale pulse the leg towards you two times and twist at your waistline to the right.*
- ❖ *Inhale switch legs in the air and rotate to the left.*
- ❖ *Keep your shoulders down towards your waistline.*
- ❖ *Avoid the temptation to thrust the ribs forward.*
- ❖ *Repeat motion.*
- ❖ *Repeat movement 5 -10 repetitions, 3 sets (rest between each set 15 seconds)*

You are working your abdominals, your inner/outer thighs, and gluteus.

As the leg moves keep pelvis perfectly still by engaging the pelvis floor. Keep your tailbone anchored down towards the floor.

As you progress through the movement keep your hips still and do not rock them side-to-side. Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you cannot hold the leg straight, slightly bend at the knee.

[Find out more about Pilates here.](#)

Thigh Extension



- ❖ *Lay on your back on the floor.*
- ❖ *Tie an exercise band around your upper thighs.*
- ❖ *Bend both knees and bring them up to 90 degrees – tabletop position.*
- ❖ *Draw the rib cage in and down towards the waistline.*
- ❖ *Keep your head down on the floor.*
- ❖ *Arms down to your side.*
- ❖ *Keep heels together, knees open, approximately the width of your shoulders.*
- ❖ *Inhale extend both legs straight out to 45 degree angle.*
- ❖ *Exhale; draw the knees back in keeping the band tight by keeping the knees open and heels together.*
- ❖ *Keep both legs lengthened and as straight as possible by tightening right above your knees.*
- ❖ *Repeat motion.*
- ❖ *Do 5-10 repetitions, 3 sets (rest 15 seconds between each set)*

You are working our inner/outer thighs, gluteus and deep abdominal muscles.

Do not let the legs come in closer than the line of your hip. Abdominals are working the whole time, there is no rest when the legs come in. Avoid the temptation to thrust the ribs forward and keep your tailbone anchored down towards the floor.

Do not intentionally flatten your back into the floor. This will happen naturally as you engage your deep transverse abdominals, in other words - engage the pelvic floor. If you cannot hold the leg straight, slightly bend at the knee.

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Quick Workout Glimpse

Easily refer to these Pilates exercises with the “Quick Workout Glimpse” below. If at any time you need the full description of each Pilates exercise, refer back to the illustrated outline of the exercises above.

Pelvic Curl

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Booty Lift Curl

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Chest Lift

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Cross Twist

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Cross Twist Leg Lift

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Ab Sweep

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Pull 1

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Oblique Twist

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

Thigh Extension

5-10 Repetitions – 3 Sets – rest 15 seconds between sets

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