

21 CORE
STRENGTHENING
PILATES EXERCISES
FOR
BOOT CAMPS



Congratulations! Below is your free gift **“21 Core Strengthening Pilates Exercises for Boot Camps”**

My name is Sylvia Favela, “The Pilates Chick”, the Pilates expert on strengthening your Core. For over a decade I’ve helped hundreds of people, trainers and professional athletes improve core strength, lean, tone and strengthen their physique with Pilates. These core-strengthening moves will give you a stronger core, improve physical performance, increase muscle endurance, reduce injuries and redefine the midsection through these dynamic Pilates exercises.

Whether you work with men, women or top fitness athletes, this Pilates system is geared to challenge any fitness level by carefully incorporating these exercises to your boot camp. A sit-up isn’t just a sit-up. You will find these specific moves will target the deep abdominal muscles and not only strengthen the core but give the midsection a sleek defined appearance.

You will find 21 illustrations of each Pilates exercise along with detailed step-by-step instructions to executing each and every move. These Pilates exercises are designed for you to easily plug into your boot camp sessions.

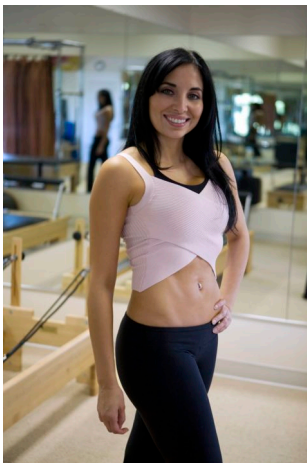
At the end of the illustrations are 3 Done-For-You workout plans for you to plug into your boot camp training. Each Workout plan is divided into 3 sets, each set includes 7 to 8 Pilates exercises with the seconds/repetitions suggested. Depending on the fitness level of your group, you have the option to choose either seconds or reps of each exercise.

Along with each illustrated exercise is a modification for each exercise in the event the exercise is too challenging and a client struggles through the move in the beginning. Each exercise is suggested at 12 reps, reduce this count to half if you find your clients struggling with the movement.

Keep mindful control of your body. Body awareness is the key to executing these core moves. Do not throw your body around to complete the moves or rush through them. Each and every move is controlled, always pull your abdominals in and keep them engaged while doing these exercises. Your abdominals do not rest at any time while performing each exercise.

Be safe when doing your exercises, if you feel any discomfort in your low back make sure to pull up through the pelvic floor and draw your knees a bit closer to your body.

Practiced regularly, core strength and muscle endurance will increase quickly and helps to reduce risk of injuries substantially.



Enjoy and have fun!

Sylvia Favela, CCPI
“The Pilates Chick”

Author: *“21 Core Strengthening Pilates Exercises for Boot Camps”*

www.360PilatesWorkout.com

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

'21 Core Strengthening Pilates Exercises for Boot Camps' ebook 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.

Pike Ab



- *Start with your legs straight back on forearms.*
- *Keep shoulders start directly in line with the elbows.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be flat, do not round.*
- *Draw ribs towards each by pulling your stomach in not out.*
- *Keep belly button pulled in towards the spine.*
- *Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.*
- *Inhale bring hips and glutes up towards the sky.*
- *Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.*
- *Exhale move back to start plank position.*
- *You are rotating around your shoulder as you move your body back and forth.*
- *Inner thighs should be active and squeezing at all times to prevent unnecessary pressure on the knees.*
- *Legs are together during the entire movement.*

***Modification – Move your legs from a straight position to a kneeling position. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal muscles. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Pike Ab Kick



- *Start with your legs straight back on forearms in a plank position.*
- *Keep shoulders start directly in line with the elbows.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be flat, do not round.*
- *Draw ribs towards each other by pulling your stomach in not out.*
- *Keep belly button pulled in towards the spine.*
- *Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.*
- *Exhale bring right knee in towards the chest. Keep your pelvis as low to floor as possible and right shin hovering the floor.*
- *Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.*
- *Inhale extend right leg up and back towards the sky.*
- *You are rotating around your shoulder as you move your body back and forth.*
- *Repeat up to 10 reps on the same leg then switch sides.*

***Modification – Instead of keeping the opposite leg straight out on the floor, bend the knee down on the floor. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal muscles. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Ab Side Twist



- Lie on your back; bring legs up at a tabletop position.
- Keep shoulders down and arms straight out, palms facing up.
- Keep lats engaged (*latissimus dorsi*) by squeezing between shoulder blades.
- Upper back should be flat, do not round.
- Draw ribs towards each other by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Inhale twist at the waistline and bring the legs to the left side of your body.
- Exhale draw the legs back to beginning position.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inhale rotate and twist at the waistline towards the right.
- Exhale back to start position.
- As you rotate from sides to side, do not let the knees come in past the line of your hip.
- Continue movement side to side.
- Keep inner thighs engaged and knees together.
- The shoulders will want to come up, keep them down on the floor. Move your legs as far over to the point where you can't keep your shoulders down.
- The knees and feet will want to slip away from each other, keep them together by moving through the hips.

****Modification** – Keeping the knees bent at table top position is a challenge, to modify this moves pull the knees in slightly closer to your chest. This will help beginners and will help to ease off any pressure on your back.

Side Note: You are targeting your deep abdominal muscles. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.

Ab Twist Sweep



- Lie on your back; bring legs straight up towards the sky.
- Keep shoulders down and arms straight out, palms facing up.
- Keep lats engaged (*latissimus dorsi*) by squeezing between shoulder blades.
- Upper back should be flat, do not round.
- Draw ribs towards each other by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Inhale twist at the waistline and bring the legs to the left side of your body.
- Exhale draw the legs back to beginning position.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Inhale rotate and twist at the waistline towards the right.
- Exhale back to start position.
- As you rotate from sides to side, do not let the knees come in past the line of your hip.
- Continue movement side to side.
- Keep inner thighs engaged, knees together and feet together.
- The shoulders will want to come up, keep them down on the floor. Move your legs as far over to the point where you can't keep your shoulders down.
- The knees and feet will want to slip away from each other, keep them together by moving through the hips.

****Modification** – Slightly bend the knees and pull them closer to your chest. This will help beginners and will help to ease off any pressure on your back.

Side Note: You are targeting your deep abdominal muscles, internal and external oblique's. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.

AB Cincher



- *Lay flat on the floor.*
- *Exhale chest lift up towards your thigh, place hands on the knees*
- *Bend both knees and bring them up to 90 degrees – tabletop position.*
- *Stay in a chest lift throughout the entire movement.*
- *Inhale extend arms over your head and both legs straight out together to a 45 degree angle.*
- *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.*
- *Avoid neck pain by letting your head lay heavy in your hands.*
- *Exhale draw legs back to tabletop.*
- *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.*
- *Keep your shoulders down towards your waistline.*
- *Avoid the temptation to thrust the ribs forward.*

***Modification – Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the neck, keep the head down.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's. 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.*

Ab Switch



- *Lying on your back, place both hands on top of the knees.*
- *Chest lift, goal is to have shoulder blades off the floor.*
- *Exhale extend left leg out in front of you.*
- *Keep both hands placed firmly on top of the right knee.*
- *Inhale switch to the opposite side.*
- *As you switch sides make sure to keep the inner thighs engaged.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *As you switch from side to side keep your pelvis still and avoid pulling on the hip flexors.*
- *Keep your pelvis still, attempting to not let it move side to side.*

****Modification** – *Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the neck, keep the head down.*

Side Note: *You are targeting your deep abdominal muscles and the oblique's. As you criss cross back and forth keep your hips still and do not rock them side-to-side. Make sure to engage the pelvic floor to minimize movement in the pelvis. This is not a traditional bicycle; control your move as you switch the legs.*

Ab Leg Reach



- Lay flat on the floor.
- Interlace hands behind head, do not tuck chin into chest.
- Exhale lift chest up towards thighs.
- Bring both legs up to tabletop position, extend right leg straight up to the sky.
- Keep left leg extended straight out.
- Stay in a chest lift throughout the entire movement.
- Inhale lower right leg down towards the floor as you bend the left knee in.
- Exhale extend left leg straight up towards the sky as the right leg stays towards the floor.
- Inhale bend left knee in towards the chest as the right leg moves up towards the sky.
- 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.
- Avoid neck pain by letting your head lay heavy in your hands.
- Do not let the legs come in further 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.
- Repeat movement and keep alternating each side.

****Modification** – Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the neck, keep the head down.

Side Note: You are targeting your deep abdominal muscles, internal and external oblique's. 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.

Ab Leg Reach Reverse



- Lay flat on the floor.
- Interlace hands behind head, do not tuck chin into chest.
- Exhale lift chest up towards thighs.
- Bring both legs up to tabletop position, bend left knee in towards chest.
- Extend right leg straight out.
- Stay in a chest lift throughout the entire movement.
- Inhale lift right leg straight up towards the sky as the left leg extends down towards the floor.
- Exhale extend left leg straight up towards the sky as the right knee bends in towards the chest.
- Keep both legs lengthened and as straight as possible during the movement by tightening right above your kneecap.
- Slowly draw the rib cage in and down towards the waistline.
- Avoid neck pain by letting your head lay heavy in your hands.
- Do not let the legs come in further than the line of your hip.
- Abdominals are engaged the whole time; there is no rest when the legs come in.
- Avoid the temptation to thrust the ribs forward.
- Repeat movement by alternating each side.

****Modification** – Do not extend the legs out, keep them slightly bent and towards the chest. If there is any discomfort in the neck, keep the head down.

Side Note: You are targeting your deep abdominal muscles, internal and external obliques. 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.

Lunge Twist



- *Sit straight up with legs straight in front of you. Keep heels anchored down on the floor.*
- *Interlace hands behind head, do not tuck chin into chest.*
- *Exhale rotate at the waistline to the right.*
- *Keep your left hip and butt down on the floor.*
- *Inhale move your torso down in a diagonal line.*
- *Keeping your back extended straight.*
- *Exhale rotate back to the center.*
- *Inhale rotate to the opposite side, move torso down in a diagonal line.*
- *Exhale rotate back to center.*
- *Keep alternating from side to side.*
- *Keep both legs lengthened and as straight as possible during the movement.*
- *Slowly draw the rib cage in and pull your belly button in towards your spine.*
- *Avoid neck pain by letting your head lay heavy in your hands.*
- *Avoid the temptation to thrust the ribs forward or lean your head forward.*

***Modification – Bend the knees slightly if the hamstrings and back is too tight and if the move is limited by flexibility.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's. As you progress through the movement keep your hips still and do not rock them side-to-side.*

AB X-Twist



- *Start with your legs straight back hands down on the floor, place shoulders directly in line with the wrists.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be extended, do not round.*
- *Draw ribs towards each other by pulling your stomach in not out.*
- *Keep belly button pulled in towards the spine.*
- *Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.*
- *Exhale bring left knee in towards the chest. Twist at the waistline.*
- *Bring the left thigh across the body.*
- *Inhale move the left thigh back to beginning position, extend leg back behind the body.*
- *Keep shoulders squared to the floor, do not let them move side to side.*
- *Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.*
- *Stay on the same side then switch to the other for equal amount of repetitions.*

***Modification – Instead of keeping the opposite leg straight out on the floor, slightly bend the knee down on the floor. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal muscles and the. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Ab-X Pull



- Start with your legs straight back hands down on the floor, place shoulders directly in line with the wrists.
- Keep lats engaged (*latissimus dorsi*) by squeezing between shoulder blades.
- Upper back should be extended, do not round.
- Draw ribs towards each other by pulling your stomach in not out.
- Keep belly button pulled in towards the spine.
- Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.
- Exhale extend left leg behind the body, Twist at the waistline.
- Bring the left leg across the body.
- Inhale move the left back to beginning position, extend leg back behind the body.
- Keep shoulders squared to the floor, they do not rotate during the move, only rotation occurring is at the waistline.
- Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.
- Stay on the same side then switch to the other for equal amount of repetitions.

****Modification** – Instead of keeping the opposite leg straight out on the floor, slightly bend the knee down on the floor. This will help beginners and will help to ease off any pressure on your back. In addition, you can move down to your forearms instead of the hands.

Side Note: You are targeting your deep abdominal muscles and the. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.

Ab Twist Bend



- *Lay on your side on forearm*
- *Place opposite hand behind your head*
- *Extend both legs straight out onto the floor.*
- *Place top leg in front and bottom leg behind. Feet on its side not flat on the floor.*
- *Squeeze inner thighs together.*
- *Exhale rotate at the waistline and bring shoulders square to the floor.*
- *Eyes facing down towards the forearm on the floor.*
- *Inhale back to start position.*
- *Keep both legs lengthened and as straight as possible and together.*
- *Do not let the shoulder drop; keep distance from the ear to the shoulder throughout the movement.*
- *Keep forearm firmly pressed to the floor.*
- *Keep hips stacked throughout movement.*
- *Do not let the ribs thrust forward, keep them pulled in.*
- *Draw belly button in towards the spine.*
- *Repeat motion on other side.*

***Modification – Bend both knees down to the floor, keep hips stacked at all times. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal and oblique muscles. As you progress through the movement keep your hips square and inner thighs engaged at all times.*

Ab Twist Pike



- *Begin on your side.*
- *Place right hand down on the floor, opposite hand behind the head.*
- *Extend both legs straight out onto the floor.*
- *Place top leg in front and bottom leg behind. Feet placed on the side not flat on the floor.*
- *Squeeze inner thighs together.*
- *Exhale rotate at the waistline and bring shoulders square to the floor.*
- *Eyes facing down towards the forearm on the floor.*
- *Inhale back to start position.*
- *Keep both legs lengthened and as straight as possible and together.*
- *Do not let the shoulder drop; keep distance from the ear to the shoulder throughout the movement.*
- *Keep hips stacked throughout movement.*
- *Do not let the ribs thrust forward, keep them pulled in.*
- *Draw belly button in towards the spine.*
- *Repeat motion on other side.*

****Modification** – *Bend both knees down to the floor, keep hips stacked at all times. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal and oblique muscles. As you progress through the movement keep your hips square and inner thighs engaged at all times.*

Ab Twist Reach



- *Begin on your side.*
- *Place right hand down on the floor, opposite hand extended straight up to the sky.*
- *Extend both legs straight out onto the floor.*
- *Place top leg in front and bottom leg behind. Feet placed on the side not flat on the floor.*
- *Squeeze inner thighs together.*
- *Exhale rotate at the waistline and bring shoulders square to the floor.*
- *Eyes facing down towards the forearm on the floor.*
- *Bring left arm down under and through the body to the opposite side.*
- *Push your hips and glutes up towards the sky as the arm moves through and past the body.*
- *Inhale back to start position.*
- *Keep both legs lengthened and as straight as possible and together.*
- *Do not let the shoulder drop; keep distance from the ear to the shoulder throughout the movement.*
- *Keep hips stacked throughout movement.*
- *Do not let the ribs thrust forward, keep them pulled in.*
- *Draw belly button in towards the spine.*
- *Stay on the same side to complete repetitions.*
- *Repeat motion on other side.*

****Modification** – *Bend bottom knee down to the floor, keep hips stacked at all times. If there is too much pressure on the wrist, move down to the forearms. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal and oblique muscles. As you progress through the movement keep your hips square and inner thighs engaged at all times.*

Plank X-Roll



- Lay on your side, place right forearm down the floor.
- Place opposite hand on hip.
- Extend both legs straight out onto the floor.
- Squeeze inner thighs together.
- Inhale twist body as the chest faces the floor into a full plank position.
- Place left forearm down on the floor above the right forearm.
- Staying in a plank position.
- Exhale rotate as you pivot your feet and keeping the left forearm on the floor, place right hand on hip.
- Eyes facing down towards the forearm on the floor.
- Inhale rotate back to the opposite side.
- Keep the motion going by moving from one forearm to another, not allowing the pelvis to hit the floor during the exercise.
- Keep both legs lengthened and as straight as possible and together.
- Do not let the shoulder drop; keep distance from the ear to the shoulder throughout the movement.
- Keep hips stacked throughout movement.
- Do not let the ribs thrust forward, keep them pulled in.
- Draw belly button in towards the spine.

****Modification** – Bend both knees down to the floor, keep belly button pulled in towards the spine. This will help beginners and will help to ease off any pressure on your back.

Side Note: You are targeting your deep abdominal and oblique muscles. As you progress through the movement keep your hips square and inner thighs engaged at all times.

Core -V



- *Sit straight up with knees bent, feet flat on the floor,*
- *Interlace hands behind head.*
- *Keep your head up and do not tuck chin to chest or roll shoulders forward.*
- *Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.*
- *Exhale bring both knees up to the chest.*
- *Keep both legs firmly pressed together.*
- *Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.*
- *Inhale lower feet down to the floor.*
- *Repeat movement.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Keep your pelvis still, attempting to not let it move side to side.*

****Modification** – *Keep both feet firmly placed on the floor, alternate the lifting the knees to the chest. Do not move the legs together off the ground*

Side Note: *You are targeting your deep abdominal muscles, obliques and back extensors.*

Core-X Push Up Lift



- *Start with your legs straight back, toes curled under.*
- *Hands placed down directly under the shoulder.*
- *Bend elbows out to the side for a push up.*
- *Exhale straighten the arms while lifting the right leg off the floor up to the sky.*
- *Inhale lower the right leg back the floor and bend elbows out the side for a push up.*
- *Repeat motion on the same side, switch sides.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be extended, do not round.*
- *Draw ribs towards each by pulling your stomach in not out.*
- *Keep belly button pulled in towards the spine.*
- *Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.*
- *Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.*

***Modification – Move the opposite leg from a straight position down to a kneeling position. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal muscles. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Core-X Push Up Back



- *Start with your legs straight back, toes curled under.*
- *Hands placed down directly under the shoulder.*
- *Bend elbows back towards the waistline for a push up.*
- *Exhale straighten the arms while lifting the right leg off the floor up keeping it inline to the hip.*
- *Inhale lower the right leg back the floor and bend elbows towards the back of the body for a push up.*
- *Repeat motion on the same side, switch sides.*
- *Keep lats engaged (latissimus dorsi) by squeezing between shoulder blades.*
- *Upper back should be extended, do not round.*
- *Draw ribs towards each by pulling your stomach in not out.*
- *Keep belly button pulled in towards the spine.*
- *Lower back should be lengthened and pelvis slightly tucked under to prevent arching of the low back.*
- *Do not thrust the chest forward or flare the ribs, keep your ribs pulled in and lats engaged.*

***Modification – Move the opposite leg from a straight position down to a kneeling position. This will help beginners and will help to ease off any pressure on your back.*

Side Note: *You are targeting your deep abdominal muscles. As you progress through the movement keep the deep transverse abdominals working, in other words - engage the pelvic floor.*

Core-V Out



- *Sit straight up with knees bent, feet flat on the floor,*
- *Interlace hands behind head.*
- *Keep your head up and do not tuck chin to chest or roll shoulders forward.*
- *Extend the back and keep your abdominals engaged by drawing your belly button in towards your spine.*
- *Exhale bring both knees up, shins parallel to the floor.*
- *Keep both legs firmly pressed together.*
- *Keep the transverse abdominal (deep abdominal muscles) engaged at all times to prevent the hip flexors from working.*
- *Inhale extend both legs straight out in front of the body.*
- *Exhale pull knees back in towards the chest, keeping the shins parallel to the floor.*
- *Do not let the back round or toes drop during the movement.*
- *Repeat movement.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Keep your pelvis still, attempting to not let it move side to side.*

****Modification** – *Keep both feet firmly placed on the floor, alternate the lifting the knees to the chest. Do not move the legs together off the ground*

Side Note: *You are targeting your deep abdominal muscles, obliques and back extensors.*

Core Dive



- *Lay flat on the floor, keep both heels pressed down to the floor at all times.*
- *Interlace hands behind head.*
- *Keep your head up and do not tuck chin to chest or roll shoulders forward.*
- *Inhale lift head and shoulder off the floor.*
- *Exhale, roll through your back as you articulate through the spine up and over your hips and dive over your legs.*
- *Head should face down towards the knee.*
- *Keep ribs pulled in and prevent them from thrusting outward.*
- *Inhale roll back down to the floor, placing each vertebrae on the floor, lift the pubic up as you place your low back down to the floor.*
- *Avoid the temptation to use momentum during this movement; it is a controlled move using the deep abdominal muscles.*
- *Keep your pelvis still, attempting to not let it move side to side.*

***Modification – Slightly bend both knees during the movement.*

Side Note: *You are targeting your deep abdominal muscles, and oblique's. Do not let the head come forward in front of your shoulders or tuck your chin down during the movement.*

100's Core



- *Lay flat on the floor.*
- *Exhale chest lift up towards your thigh, extend arms straight out to the side of the thigh.*
- *Bend both knees and bring them up to 90 degrees – tabletop position.*
- *Stay in a chest lift throughout the entire movement.*
- *Inhale for 5 count and Exhale for 5 count.*
- *Keep both legs and knees pressed together during the movement.*
- *Move hands up and down as your breathe through each motion.*
- *Slowly draw the ribs in and zip the abdominals together.*
- *Do not let the legs come in closer than the line of your hip.*
- *Abdominals are working the whole time, with each inhale and exhale you pull the abs in deeper and deeper.*
- *Keep your shoulders off the floor during the entire move.*
- *Avoid the temptation to thrust the ribs forward.*

****Modification –** *Keep both feet on the floor during the movement, if there is any discomfort in the neck, keep the head down.*

Side Note: *You are targeting your deep abdominal muscles, internal and external oblique's. 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.*

Core-V Knee Up



- *Begin lying on your back.*
- *Interlace hands behind head.*
- *Keep your head up and do not tuck chin to chest or roll shoulders forward.*
- *Bring both knees in towards the chest.*
- *Do not let the knees come in past your waistline.*
- *Inhale lower the legs down to the floor.*
- *Keeping the shoulders off the floor and hovering the floor.*
- *Exhale draw knees back towards the waist while lifting the chest up closer to the knees.*
- *Keep both legs firmly pressed together.*
- *Keep the transverse abdominal (deep abdominal muscles) engaged at all times.*
- *Do not tuck your chin to your chest; you want to keep a distance from your chin to your chest.*
- *Keep your pelvis still, attempting to not let it move side to side.*

***Modification – Keep both feet firmly placed on the floor, alternate the lifting the knees to the chest. Do not move the legs together off the ground.*

Side Note: *You are targeting your deep abdominal muscles, obliques and back extensors.*

Workout #1 - Workout At A Glance

Done-for-you workout plan, you can either do the amount of reps or seconds suggested below. Refer to the illustrated pictures above for descriptions and details of each Pilates exercise.

Exercise

Pike Ab	30 seconds or 12 reps
Pike Ab Kick	30 sec each side or 12 reps each side
Ab X-Twist	30 seconds or 12 reps
Plank X-Roll	30 seconds or 12 reps
Ab Cincher	30 seconds or 12 reps
Ab Switch	30 seconds or 12 reps
Core-V	30 seconds or 12 reps
Ab X-Pull	30 sec each side or 12 reps each side
Rest 15 seconds	
Pike Ab Kick	30 sec each side or 12 reps each side
Pike Ab	30 seconds or 12 reps
Plank X-Roll	30 seconds or 12 reps
Ab X-Twist	30 sec each side or 12 reps each side
Ab X-Pull	30 sec each side or 12 reps each side
Core-V	30 seconds or 12 reps
Ab Cincher	30 seconds or 12 reps
Ab Switch	30 seconds or 12 reps
Rest 15 seconds	
Pike Ab	30 seconds or 12 reps
Pike Ab Kick	30 sec each side or 12 reps each side
Ab X-Twist	30 sec each side or 12 reps each side
Ab X-Pull	30 sec each side or 12 reps each side
Plank X-Roll	30 seconds or 12 reps
Ab Cincher	30 seconds or 12 reps
Ab Switch	30 seconds or 12 reps
Core-V	30 seconds or 12 reps

Workout #2 - Workout At A Glance

Done-for-you workout plan, you can either do the amount of reps or seconds suggested below. Refer to the illustrated pictures above for descriptions and details of each Pilates exercise.

Exercise

Ab Side Twist	30 seconds or 12 reps
Ab Twist Sweep	30 seconds or 12 reps
Ab Leg Reach	30 seconds or 12 reps
Ab Leg Reach Reverse	30 seconds or 12 reps
Ab Lunge Twist	30 seconds or 12 reps
Core Dive	30 seconds or 12 reps
Core-V Knee Up	30 seconds or 12 reps
Rest 15 seconds	
Ab Leg Reach	30 seconds or 12 reps
Ab Leg Reach Reverse	30 seconds or 12 reps
Ab Side Twist	30 seconds or 12 reps
Ab Twist Sweep	30 seconds or 12 reps
Core Dive	30 seconds or 12 reps
Ab Lunge Twist	30 seconds or 12 reps
Core-V Knee Up	30 seconds or 12 reps
Rest 15 seconds	
Ab Side Twist	30 seconds or 12 reps
Ab Twist Sweep	30 seconds or 12 reps
Ab Leg Reach	30 seconds or 12 reps
Ab Leg Reach Reverse	30 seconds or 12 reps
Ab lunge Twist	30 seconds or 12 reps
Core Dive	30 seconds or 12 reps
Core-V Knee Up	30 seconds or 12 reps

Workout #3 - Workout At A Glance

Done-for-you workout plan, you can either do the amount of reps or seconds suggested below. Refer to the illustrated pictures above for descriptions and details of each Pilates exercise.

Exercise

Core-V	30 seconds or 12 reps
Core-X Push Up Lift	30 sec each side or 12 reps each side
Core-X Push Up Back (switch sides)	30 sec each side or 12 reps each side
Core-V Out	30 seconds or 12 reps
Core Dive	30 seconds or 12 reps
100's Core	30 seconds or 12 reps
Core-V Knee Up	30 seconds or 12 reps
Rest 15 seconds	
Core-V Knee Up	30 seconds or 12 reps
Core-V	30 seconds or 12 reps
Core-X Push Up Lift	30 sec each side or 12 reps each side
Core-X Push Up Back	30 sec each side or 12 reps each side
Core-V Out	30 seconds or 12 reps
100's Core	30 seconds or 12 reps
Core Dive	30 seconds or 12 reps
Rest 15 seconds	
Core V	30 seconds or 12 reps
Core-X Push Up Lift	30 sec each side or 12 reps each side
Core-X Push Up Back	30 sec each side or 12 reps each side
Core-V Out	30 seconds or 12 reps
Core Dive	30 seconds or 12 reps
100's Core	30 seconds or 12 reps
Core-V Knee Up	30 seconds or 12 reps

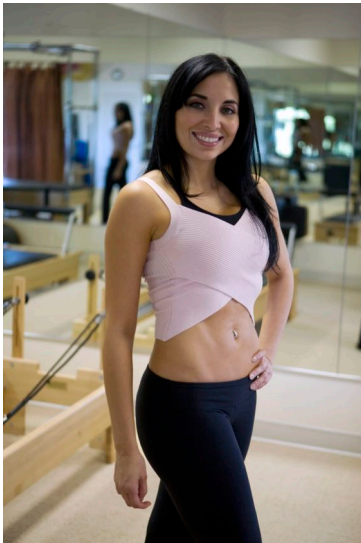
As these Pilates exercises are being executed keep mindful control of your body. Body awareness is the key to executing these core moves. Do not thrust, jerk or throw the body around to complete the moves or rush through them.

Each and every move is controlled, always pull your abdominals in and keep them engaged while doing these exercises. Your abdominals do not rest at any time while performing each exercise.

As the Pilates expert on strengthening the Core, I've helped hundreds of people, trainers and professional athletes improve their core strength, lean, tone and strengthen their physique with my Pilates systems. These core-strengthening moves will give you a stronger core, improve physical performance, increase muscle endurance, reduce injuries and redefine the midsection through these dynamic Pilates exercises.

Whether you work with men, women or top fitness athletes, this Pilates system is geared to challenge any fitness level by carefully incorporating these exercises to your boot camp. A sit-up isn't just a sit-up. Practiced regularly, core strength and muscle endurance will increase quickly and can help reduce risk of injuries substantially.

For more resources and tips on these Pilates exercise systems to strengthen the core and physique, visit me at WWW.360PilatesWorkout.com



Sylvia Favela, CCPI
"The Pilates Chick"

Author: "21 Core Strengthening Pilates Exercises for Boot Camps"
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