

Female Fat Loss Over 40 presents

Pilates Core Workouts



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We've included 9 bonus Pilates workouts in this edition so you're covered anywhere, any time. You've got a choice of three short (around 10 minute) workouts, three medium length (around 15 minutes) workouts, and three full length (around 20 minutes) workouts. These times are approximate since it will depend on how you pace yourself. Slower is generally better, as it gives you the opportunity for mindful movement and controlled breath.

I recommend that you familiarize yourself with the 2 follow along video workouts first – this will help with many exercises that appear in these bonus workouts. You'll also need to watch the coaching video for further explanation of new movements. For your convenience, you will find a list of all exercises that appear in the coaching video and an easy timeline reference for when those exercises appear, so there's no need to watch the whole thing every time you want to refresh your memory!

Grab your mat, find a quiet corner, put on some soothing mood music and take a big breath. Time to relax, time to get stronger, time to ease some stiffness and develop a tighter midsection.

The number of reps or time against each movement is a guide only. If you're not strong enough to hold a plank for 60 seconds – then work up to it gradually. If you're really enjoying a stretch and I recommend 10 reps – do more! It's your body, and you know what works best for you.

Enjoy.

Lisa B & Shawna K
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Pilates Core Short Full Body Workouts:

Equipment: Mat, small cushion for under head (optional)

Workout One:

Aim to complete 10 reps of each movement – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Mobility Bridge
Alternating Leg Floats from preparation position
Lying Stick-ups
Elbow Plank (up to 60secs, rest as required)
Clams Right
Clams Left
Slow Mountain Climbers
Alternating Cobra and Childs Pose stretches to cool down

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Workout Two

Aim to complete 10 reps of each movement – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Mobility Bridge
Alternating Leg Floats from preparation position
Lying Stick-ups
Elbow Plank (up to 60secs, rest as required)
Clams Right
Clams Left
Slow Mountain Climbers
Alternating Cobra and Childs Pose stretches to cool down

Workout Three:

Aim to complete 10 reps of each movement – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Mobility Bridge with option of leg floats
Hip rolls to stretch
Straight Arm Plank – up to 60 secs, rest as required
Hip rolls with arms crossed across chest – hold each side for 3 secs – this is not a stretch but a strength exercise for your waistline and obliques
Tricep pushups
Superwoman – lift both arms and both legs
Alternating Cobra and Childs Pose stretches to cool down

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Pilates Core Medium Workouts:

Equipment: Mat, small cushion for under head (optional)

Workout 1: Pelvic Stability & Hip Strength

Aim to complete 10 reps of each movement unless otherwise stated—your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Mobility Bridge (option of leg floats)
Clams Right
Side Hover with Scissors Right – 60 seconds
Glute Bridge/Hip Thrusters x 20
Clams Left
Side Hover with Scissors Left – 60 seconds
Bird Dog Left
Bird Dog Right
Elbow Plank (option for side toe taps) up to 60 seconds
Side Lying Hip Openers Left
Side Lying Hip Openers Right
Superwoman – double legs only
Alternating Cobra and Childs Pose stretches to cool down

Workout 2: Shoulder Mobility and Strength

Aim to complete 10 reps of each movement unless otherwise stated—your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Mobility Bridge (option of overhead reaches)
Lying Stick Ups
Tricep Pushups
Chest Openers Left
Chest Openers Right
Straight Arm Plank – 30 seconds
Alternating Shoulder Reaches
Single Leg Extensions
Elbow Plank – 30 seconds
Superwoman Alternating Arm/Leg Extensions
Double Shoulder Circles
Alternating Cobra and Childs Pose stretches to cool down
Finish with standing chest and back releases

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Workout 3: Full Body

Aim to complete 10 reps of each movement unless otherwise stated—your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Mobility Bridge
Superwoman alternating leg extensions (legs only)
Tricep Pushups
Clams Left
Clams Right
Chest Openers Right
Chest Openers Left
Elbow Plank – as long as possible
Glute Bridge/Hip Thrusters x 20
Hip Rolls
Single Leg Circles Left
Single Leg Circles Right
Alternating Cobra and Childs Pose stretches to cool down

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Pilates Core Full Length Workouts:

Equipment: Mat, small cushion for under head (optional)

Workout 1: Full Body

Aim to complete 10 reps of each movement unless otherwise stated—your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Superwoman Alternating Arm/Leg Extensions
Bird Dog Left
Bird Dog Right
Side Hover with Overhead Reach Left
Side Hover with Overhead Reach Right
Mobility Bridge x 5
Glute Bridge/Hip Thrusters x 15
Clams Left x 20
Clams Right x 20
Hip Rolls To Stretch
Hip Rolls with Oblique Strength
Side Plank with Hip Raise Left
Side Plank with Hip Raise Right
Standing 1 Leg RDL Left
Standing 1 Leg RDL Right
Standing Alternating Leg Floats with Shoulder Squeeze
Chest and Back Releases

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Workout 2: Full Body

Aim to complete 10 reps of each movement unless otherwise stated—your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Alternating Cobra and Childs Pose stretches to warm up
Rolling Down x 4
Rolling Down and Walk Out to Plank x 6
Mobility Bridge
Lying Stick Ups
Hip Openers Left
Hip Openers Right
Pushups
Elbow Plank as long as possible
Alternating Leg Floats
Superwoman Alternating Legs (no upper body)
Side Hover with Scissors Left
Side Lying Clams Left
Side Hover with Scissors Right
Side Lying Clams Right
Standing 1 Leg RDL Left
Standing 1 Leg RDL Right
Standing Alternating Leg Floats with Shoulder Squeeze
Chest and Back Releases

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Workout 3: Full Body

Aim to complete 10 reps of each movement unless otherwise stated—your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.

Alternating Cobra and Childs Pose stretches to warm up

Rolling Down x 4

Rolling Down and Walk Out to Plank x 6

Mobility Bridge (option to add leg floats)

Double Toy Soldier

Alternating Leg Floats

Shoulder Reaches

Chest Openers Left

Chest Openers Right

Plank with Reach

Elbow Plank as long as possible

Hip Rolls to Stretch

Hip Rolls for Oblique Strength

Side Plank with Hip Raise Left

Side Plank with Hip Raise Right

Standing 1 Leg RDL Left

Standing 1 Leg RDL Right

Standing Alternating Leg Floats with Shoulder Squeeze

Chest and Back Releases

Exercise Guide and Video Reference

Alternating Cobra and Childs Pose (see follow along videos)

Bird Dog – follow along videos Workout 1

Chest and Back Releases – Coaching video 20.30

Chest openers – Coaching video 8.36

Double Shoulder Circles – Coaching video 13.30

Double Toy Soldier – Coaching video 14.00

Elbow Plank variations – Coaching video 00.45

Get Ups – Coaching Video 2.00

Glute Bridge/Hip Thrusters – Coaching video 15.30

Hip Openers – Follow along videos Workout 1

Hip rolls for oblique strength – Coaching video 17.10

Hip rolls to stretch – Follow along videos Workout 1

Leg floats – Coaching video 14.30

Lying Stickups – Follow along video Workout 1

Mobility Bridge variations – Follow along videos and coaching video 9.50

Plank with Reach – Coaching video 13.40

Pushups

Rolling down – Coaching video 19.20

Rolling Down with walk out to pushup – Coaching video 19.55

Shoulder reaches – Coaching videos 12.56

Side Hover with variations – Coaching video 5.58

Side Lying clams – Follow along videos Workout 1

Side Plank with hip raise – Coaching video 7.35

Single Leg Circles – Follow along video Workout 1

Single leg extensions – Coaching video 16.20

Slow Mountain Climbers – Coaching video 2.55

Standing 1 leg RDL – Coaching video 18.20

Standing Leg Float with Shoulder Squeeze – Coaching video 19.00

Superwoman variations – Follow along videos and Coaching video 14.25

Tricep Pushups – Coaching video 13.40