



AMPLIFY

30 DAY CHALLENGE

PROGRAM GUIDE

The Studio Pilates International® Program Guide

IMPORTANT INFORMATION BEFORE STARTING

At Studio Pilates International®, we care about you and your health. This is why the Studio Pilates International® program guide is designed to promote healthy body image and a healthy way of life.

The information contained in this program guide is designed to be a guideline only. It contains general information that may be useful in achieving your health and fitness goals, but does not contain information based on individualised needs. This guide is not intended to be a substitute for professional medical advice, diagnosis or treatment.

This guide has not been formulated to suit any specific injuries, medical conditions or other health related problems.

If you have or suspect that you have any of these issues, please seek the help of a Medical Practitioner or similar health professional for a fully tailored solution for you and your needs.

Like any fitness program, you should use your own judgement and combine this with the advice from your own personal health care professional.

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Take your before photos and progress pics and tag @studio_pilates on Instagram

OVERVIEW

WHAT WE BELIEVE

Our purpose as a company is to change the way the world works out. At Studio Pilates International®, we believe that exercise should be inspiring, intense, safe, and it should be done in style.

Exercise should be inspiring - We believe that a Pilates class should have a pulse. We believe that when you feel the energy in your class, you'll burn more calories and get greater results. This is why you will find high energy music, combined with encouraging and uplifting instructors at all of our studios. Our instructors will always be supporting you, motivating you and pushing you to the next level. It's in our DNA.

Exercise should be intense - We believe that you should feel every muscle in your body working when you do a Pilates class and you should feel your muscles burning. This is why Studio Pilates® gets incredible results, and why you'll feel shaky and fatigued, yet incredibly energised, after each and every class. We want you to feel that burn.

Exercise should be safe - We believe that exercise should strengthen the body from the inside out, making you leaner, stronger and ready to tackle anything that life throws at you. The safety of our members is our number one priority and this focus is infused in everything that we do.

We insist that all of our instructors have extensive Studio Pilates International® training and have studied under the supervision of our team of physiotherapists. This is also why you'll find that our instructors will help, monitor and assist you with every move in your class.

Exercise should be an escape. - We believe that if you're going to do a workout, then you should do it in style. This is why all Studio Pilates® studios are beautifully designed with elegant decor and a classic style.

We want you to be transported away to another place when you do a class. This is why you won't find any mirrors, cell phones or clocks in any Studio Pilates® studios, only beautiful surrounds and a space where you can truly escape for forty minutes.

ABOUT THE THIRTY DAY CHALLENGE PROGRAM

The Studio Pilates International® Thirty Day Challenge Program is designed to help you reshape and transform your body in a very short period of time, through a combination of high intensity Studio Pilates® classes, cardio and our healthy eating guide.

Each week, you will perform 5 Studio Pilates® classes and combine this with healthy, nutritious food, 3 cardio sessions, 1 home workout and one rest day. You will determine your individual daily calorie needs and fuel your body using our gluten free and dairy free recipes found in the Studio Pilates® Nutrition Guide. We also challenge you to go alcohol free for the entire thirty days.

This is not a fad diet or exercise plan, it's about making healthy lifestyle changes for the better and taking control over what goes into your body and what you do with it.

Thirty days is quite a short period of time to see results, but big transformations can happen with dedication and hard work. Many of our members have lost over 10 kgs in just 30 days, and this has resulted in making a huge difference both in the mirror and also how they feel about themselves.

This workout program is designed to be combined with the Studio Pilates® Nutrition Guide in order to achieve maximum results. Focusing on exercise is one thing, as is focusing on healthy eating, but amazing things happen when you combine both.

This program is designed to be cycled for multiple thirty day periods (back to back) until you achieve your ideal body. Put simply, if you're not at your goal weight by the end of thirty days, simply repeat the thirty days and then again if needed until you achieve your goal.

We've built a whole stack of ways to help you to achieve your best ever body into this program, and it could be just thirty days away!

Our advice to you is to embrace the program fully, give each Studio Pilates® workout everything you have and use the Studio Pilates® Nutrition Guide to accelerate your results. We are looking forward to seeing your progress photos along the way.

HERE'S HOW TO DO IT: THE 5:3:1:1 RULE

5:3:1:1 rule refers to your exercise program for the next thirty days. As a part of the Challenge, each week you will need to complete:

- 5 Studio Pilates® workouts - in one of our studios or use the home workouts we've supplied as back ups
- 3 cardio sessions - you can do more if you'd like to
- 1 home workout - you can do another Studio Pilates® class if you'd rather
- 1 rest day - you're going to need it

This may sound like a lot if you are not a heavy exerciser already, but this is what it takes to completely transform your body in such a short time frame. It is important to have faith, follow this program, stick with it and you will feel transformed after just thirty days.

Later in this Program Guide, we will provide you with a Cardio Guide that will help you to decide on the type of cardio you wish to perform for the next thirty days.

Ideally, we recommend that you perform all of your Studio Pilates® classes in the studio because your instructor is on hand to guide you, check your technique, support you and push you to the next level. We all need the encouragement to push ourselves, so take full advantage of this and work with your instructor closely.

In addition, the springs on the reformers also provide stronger, muscle toning resistance compared to Pilates Matwork or a visit to the gym.

Before you start your Thirty Day Challenge, we recommend that you look at your schedule and book all of your classes in advance for the month in accordance with the Studio Pilates® Workout Tracker. This will help you to keep on track and you can then work the rest of your daily schedule around your class times. You can book your Studio Pilates® classes in advance on your smartphone by using our iPhone and Android app.



Click this link to download our iPhone App
<https://itunes.apple.com/au/app/studio-pilates/id502504722?mt=8&ign-mpt=uo%3D4>



Click to download our Android App
<https://play.google.com/store/apps/details?id=com.fitnessmobileapps.studiopilates>

YOUR COMMITMENT IS YOUR KEY TO SUCCESS

The Studio Pilates® Thirty Day Challenge provides you with all the tools you need to transform your body for life. It is up to you to make positive choices and fully embrace each aspect of the Challenge.

You got to where you are today by doing what you are currently doing now and making your current lifestyle choices. If you want to achieve radical results with your body, you are going to have to get radical in your approach to what you're doing each day compared with what you normally do.

This program is called a Challenge for a reason, because it *will* be challenging. However, make the commitment to yourself now to try something new, to keep an open mind, and work hard to follow the guide. We promise you that if you follow the program fully, you will be in awe of how much your body changes!

TRACKING YOUR PROGRESS

It's a great idea to track your progress while you're on this program in order to stay motivated and focused on your goal, whatever that may be. There are three different ways that you can track your progress and we recommend that you use all three. These include weighing in, measuring and taking progress photos.

To get an accurate indication of your progress, measure yourself:

- On the same day each week
- First thing in the morning
- Wearing the same clothes
- Using the same scales when weighing in
- In the exact same place when using the tape measure

Weighing In

It's recommended that you weigh in no more than once a week and you can do this fortnightly or even monthly if you're using the other types of progress tracking listed below.

Weighing in before a workout and then again after class and expecting to see a change on the scales is just going to end in disappointment for you. Weight loss doesn't occur that rapidly unfortunately and it takes the body a few days of intense exercise to start depleting the glycogen stored in the muscles and begin calling on fat reserves for fuel. So with this in mind, it may take a couple of weeks to see a movement on the scales. For some, however, it may happen straight away. The important thing is that you continue with your new and healthy way of life and don't give up.

The Studio Pilates® Thirty Day Challenge provides you with all the tools you need to transform your body for life.

YOUR 30 DAY CHALLENGE PLAN

STARTING STATS: Weight _____ Waist _____ Hips _____ Thigh _____

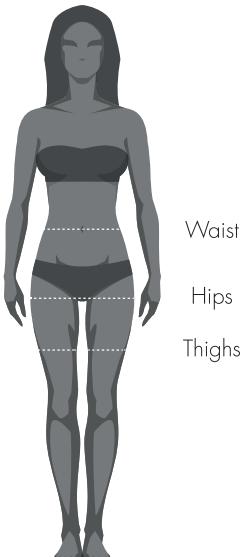
		PROGRESS CHECK						
		DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Date:							
	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Home workout	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Rest Day
	<input type="checkbox"/> Cardio 30-45min		<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Cardio 30-45min	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	I've done: <input type="checkbox"/> 5 Studio Pilates® <input type="checkbox"/> 3 cardio sessions <input type="checkbox"/> 1 Home workout <input type="checkbox"/> Take progress pic
WEEK 2	Date:							
	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Home workout	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Rest Day
	<input type="checkbox"/> Cardio 30-45min		<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Cardio 30-45min	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	I've done: <input type="checkbox"/> 5 Studio Pilates® <input type="checkbox"/> 3 cardio sessions <input type="checkbox"/> 1 Home workout <input type="checkbox"/> Take progress pic
WEEK 3	Date:							
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	<input type="checkbox"/> Cardio 30-45min		<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Cardio 30-45min	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	I've done: <input type="checkbox"/> 5 Studio Pilates® <input type="checkbox"/> 3 cardio sessions <input type="checkbox"/> 1 Home workout <input type="checkbox"/> Take progress pic
WEEK 4	Date:							
	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Home workout	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Rest Day
	<input type="checkbox"/> Cardio 30-45min		<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Cardio 30-45min	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	<input type="checkbox"/> Studio Pilates®	I've done: <input type="checkbox"/> 5 Studio Pilates® <input type="checkbox"/> 3 cardio sessions <input type="checkbox"/> 1 Home workout



Measuring

When using a tape measure to track how many centimetres you've lost, you'll need to measure in the same way each time. Please follow the guidelines below

- Waist: Measure around the belly button
- Hips: Feel for the hip joints at the side of the buttocks and measure the circumference of your body from that point
- Thigh: Measure the circumference of one thigh, halfway between the hip joint and the knee



Progress Photos

This is one of your biggest tools to stay motivated. You don't have to be a big selfie taker to take a progress photo. A progress photo captures a moment in time so that you have a visual reference point that you can look back on and compare. Often times your progress may not be showing on the scales or from your measurements but there can be noticeable results in your progress photos.

Here are some guidelines for taking a progress photo:

- Take your before photo prior to commencing the program
- Don't delete any of the photos. You'll need them to compare to
- Set a reminder in your calendar or on your phone
- Ensure you take the photo in the same place, time and outfit. For example, your bedroom mirror, Sunday morning, 7am.
- Take a full length body shot if possible
- Take a front view, a side view and if you have someone who can help you, get them to snap a photo of you from behind too
- Stand with your ankles together, hands slightly away from your body.
- Natural posture
- Don't cover your face with your camera
- Wear a crop top, underwear or shorts
- Take the image using the same camera perspective (vertical/portrait works well)

Keep a Record

We recommend that you use your Studio Pilates® Thirty Day Challenge Workout Tracker to help record your progress over the next thirty days. This details the plan of when you should be doing your Studio Pilates® classes and your cardio etc. Print this off and place it in an area of your home where you will see it daily, such as your fridge or bathroom mirror. Make sure you fill this out each day as you accomplish each workout - this will help you stay focused and on track.

WE LOVE SEEING YOUR PROGRESS PHOTOS!

We love seeing your photos. Feel free to tag us on Instagram (@studio_pilates) with your progress pics and photos of meals you've created from the Studio Pilates® Nutrition Guide. You can also email your progress photos to transformations@studiopilates.com

GETTING STARTED CHECKLIST



Read this Program Guide fully



Download & print the Studio Pilates® Workout Tracker and stick it somewhere highly visible, such as your refrigerator



Watch the exclusive mindset, training and nutrition videos online at studiopilates.com/thirty-day-challenge



Schedule your Studio Pilates® classes on our smartphone app and ensure they link to your diary. Make a commitment to stick to these times



Read over your Nutrition Guide



Select the recipes you wish to try for your first week



Clean out your fridge of any food that is not in the Nutrition Guide



Create a grocery list and stick to your shopping list



Take your before picture, weigh and measure yourself in the morning of the day that you start and write down your stats on your Workout Tracker



Click this link to download our iPhone App

<https://itunes.apple.com/au/app/studio-pilates/id502504722?mt=8&ign-mpt=uo%3D4>



Click to download our Android App

<https://play.google.com/store/apps/details?id=com.fitnessmobileapps.studiopilates>



WHAT TO EXPECT WHEN STARTING STUDIO PILATES® CLASSES

If you're just starting out with Studio Pilates®, we've compiled some handy information in this section to help you to get the most out of your classes and your Studio Pilates® experience.

WHEN WORKING OUT IN ONE OF OUR STUDIOS

You're going to feel uncoordinated at first - this is perfectly normal

Everyone feels this way to begin with. The Pilates reformer is a very unique piece of exercise equipment and it is something that does take a little while to get used to. Each of us will feel it all 'gel' together at different stages. For some, they take to it like a duck to water, for others it takes ten, fifteen even twenty sessions before it feels super comfortable and in control. The main thing to know is that it will definitely get easier to coordinate the movements if you stick with it. If you watch the digital screens in your studio closely and listen carefully to both the audio guide and to your instructor, you'll be a professional in no time.

What you'll find is that, over several sessions, you'll start to see some of the same exercises pop up in different workouts. The first time that you do each exercise you'll be asking yourself "am I even doing this the right way"?

The second time you do the same exercise you'll probably still be asking yourself the same question but you'll be familiar with it and so you'll do it with better technique. By the third and fourth time you've done it you'll be a semi-pro and after half a dozen times you'll be a grand master. Not all exercises are in each class and so to get to this stage, you might need to have done between ten to twenty classes. Its pays dividends to persevere to this stage because once you do, you won't have to think about how to coordinate the movement any more. Your body will be feeling the exercises in the right area and you'll feel the exercises targeting the right muscles the way you need them to.

Digital Exercise Delivery System

After you've completed your first Orientation Workout, you'll most likely be joining a class that will have participants in it with a wide range of experience. You'll find yourself in a class with people who may have done ten, fifty, even a hundred classes before. What you'll notice is that most people will appear to be starting an exercise straight away and not waiting to listen to the audio guide. Because of this, you'll feel compelled to do the same, which often creates a bit of confusion.

When you're just starting out, we recommend that you don't do this and instead, to take your time with each exercise. We want you to go slower than the rest of the class in your first few workouts. We want you to listen for the audio prompts that help you to get you set up in the correct position and ensure more effectiveness for each exercise rather than rushing into things. Your audio guide also lets you know what resistance that you should have. If you like to work more intensely or if you're stronger, choose the resistance at the upper end of the range. If you're new to exercise and have a lower level fitness in general, start at the lower end of the resistance range. The key to getting the most out of the direction that you receive from the digital screen and audio guide, is to take things at your own pace and listen carefully to what it being said.

WHEN WORKING OUT AT HOME

Use a mirror for some technical feedback

Without the assistance of an instructor to monitor your every move, it can often be hard to tell what your body is actually doing. If you're using one of our home workout guides, we recommend that you work out near a mirror the first few times if possible.

A mirror can give you some visual feedback on exactly what your body is doing. This is critical to getting it right the first time. Once you're comfortable that your form and technique is excellent, move away from the mirror and choose different locations in your home or even venture outdoors to a park or the beach to do your program. This really mixes things up and helps you to stay motivated and on track to achieving your goal.

Play music

Put together a power playlist that will help you to get pumped up and energised for your workout. Listening to music while you work out can definitely help you to push that little bit harder than usual.

Ensure you don't get disturbed or distracted

Aim to remove any possible distractions, such as turning off your phone. You can check your emails or social media after you've done a workout, they'll still be there waiting for you.

If you're likely to get pounced on by the cat, licked by the dog or jumped on by your kids, it might be best to close the door if possible so that this doesn't become an excuse to stop when things get a little challenging.

It goes without saying that you shouldn't leave your children unattended and unsupervised to do a workout. Maybe enlist the support of a partner to entertain the children while you work out, or schedule your workout for a time when the kids are asleep or playing with friends.

Put together a power playlist that will help you to get pumped up and energised for your workout.



Take your before photos and progress pics and tag @studio_pilates on Instagram

EITHER WAY

You're going to be sore in a good way!

Studio Pilates® workouts are designed to be intense, they're designed to take you to the next level physically. In order for your body to be transformed, your muscles are going to be sore. This should be expected and being sore in your muscles from working out is a good thing.

This is a sign that the muscles are being challenged and they are starting to tone and firm up. This muscle soreness will subside in a couple of days and it's important to keep on moving in order to reduce this soreness. There is no need to let post exercise muscle soreness stop you from reaching your goal. Keep on sticking to your plan and doing your scheduled Studio Pilates® classes.

EQUIPMENT

Studio Pilates® Platinum Studio Classes

- Non slip socks
- Workout gear that you feel good in

Home Workouts

- Yoga/Pilates Mat
- Ankle weights - optional
- Water bottle
- Music

Studio Pilates® workouts are designed to be intense, they're designed to take you to the next level physically.

THE STUDIO PILATES® ESSENTIAL MOVES

THE SCIENCE BEHIND STUDIO PILATES®

Studio Pilates® radically reshapes your body, giving you the physique you've always wanted. Studio Pilates® is unlike other Pilates classes and other forms of exercise and it sculpts your body in a very unique way.

Firstly, your Studio Pilates® workouts incorporate the Pilates reformer. This is a spring loaded machine that was designed close to 100 years ago by Joseph Pilates. The reformer specifically targets the larger muscle groups as well as smaller accessory muscles that you never knew you had. This is a very different approach to using the weights machines at the gym. This combination of working both the larger and smaller muscles, combined with Studio Pilates®' scientifically designed choreography, means that you receive maximum results quickly.

This helps you to transform your body's problem areas and helps you to change your body for life. We also focus on targeting and isolating specific deep core muscles in your Studio Pilates® classes. These include the Transversus Abdominus muscle and the Pelvic Floor. We call the simultaneous contraction of these two muscles the 'T-Zone'. It is scientifically proven that through working these deep core muscles, you can dramatically flatten your abs more effectively than any other type of abdominal workout. This is why up until now, all of those sit ups have been a total waste of time!

Your Gluteal muscles are also targeted in your Studio Pilates® classes to transform your butt. There are actually three main Glute muscles and they all have different functions and are all targeted in your Studio Pilates® classes. Your butt is made up of the Gluteus Medius, the Gluteus Minimus and the Gluteus Maximus, as well as other smaller stabilising muscles. By targeting the Gluteus Medius, your butt and saddlebags will be radically reduced, by training the Gluteus Maximus you will find your butt completely reshaped and by toning the Gluteus Minimus you will find your butt looking higher and more lifted. Training these muscles in your Studio Pilates® classes will all combine to give you a completely new posterior.

Other areas of the body which are strategically targeted in your Studio Pilates® classes include the lower trapezius and rhomboid muscles which are in the middle of the back, making your waist look thinner by improving your posture. The adductor muscles (inner thighs) are worked to firm, reduce and dramatically reshape this area. Triceps are focused on to give you toned, trim and lean looking arms. With a new workout to experience each day, Studio Pilates® will reshape your body leaving you looking trim, toned and transformed in a very short period of time.

THE T-ZONE

The T-Zone is a catchphrase that we use at Studio Pilates International® that refers to the activation of the Transversus Abdominus and the Pelvic Floor. It's essential that these muscles are used and focused on during every single Studio Pilates® exercise that you do at home or in a studio. We explain why below.

The Transversus Abdominus

The Transversus Abdominus (or TA) is the only stomach muscle that actually flattens the stomach. None of the other abdominal muscles (including the six pack muscles which are called Rectus Abdominus) give you a flat stomach. Your six pack muscles look great if you can see them but their job is to bend your spine forward, they don't flatten the stomach at all.

You have others called Obliques, but these rotate your torso instead. Your Transversus Abdominus is the one responsible for actually giving you a flat stomach, this is why Studio Pilates® is so incredibly effective, as we focus on this muscle with every movement. The Rectus Abdominus run up and down the stomach longways, the Obliques run diagonally but the Transversus run horizontally and wrap around your midsection and act just like a corset.

The Pelvic Floor

The pelvic floor consists of a group of muscles that together form an internal sling, which supports and holds the pelvic and abdominal organs in place, and also allows bladder and bowel control.

These muscles work in unison with the Transversus Abdominus muscles, and activation of the Pelvic Floor helps with activation of the TA

**To learn how to activate your Transversus Abdominus or double check that you're doing it right, click on the links to the videos found in 'The Essential Moves Reviewed' section below or ask your instructor to check that you're doing it right*

THE ESSENTIAL MOVES REVIEWED

Essential Basic Moves - Reformer

There is much to absorb when first starting out in one of our Studio Pilates International® studios. If you've just joined - or even if you've been coming for a while - and you'd like to recap on some of the things that we went over in your first class, simply click on the link below to watch our instructional video again.

This will help you to recall basics such as how to operate the Reformer, the neutral and imprinted Pilates spinal positions and how to activate the T-Zone.

http://youtu.be/yb55cRjbi_c

Essential Basic Moves - Matwork

If you're doing a Studio Pilates® home workout, there are some essential things that you need to get right first to ensure both safety and results.

Click on the link below to watch a short video on some home workout essentials.

<http://youtu.be/wf6rrDLGgeo>

STUDIO PILATES® SEQUENCING

The secret to why Studio Pilates® is so effective

One of the many secrets behind why Studio Pilates® is so effective at transforming your body is the way in which we sequence or structure a workout. Not all Pilates classes are created equal, and you may have found this out yourself when you've visited different classes offering Pilates.

It may have left you feeling a little underwhelmed and scratching your head as to what was different. Let us explain.

Studio Pilates® sequencing ensures two very important things:

- Correct muscle activation
- Maximum intensity

Correct Muscle Activation

At Studio Pilates International® we believe in working the body from the inside out. In very simple terms, we work the smaller stabilising muscles before the larger ones. This ensures the stabilizing muscles are doing their job by being activated first and supporting the body's movement and working with the larger muscles.

If the larger muscles are worked out first, often the smaller stabilizing muscles don't get a chance to work at all and muscle imbalances can occur in the body over time. A muscle imbalance is when certain muscles get more dominant, leading to injuries. The Studio Pilates International® founders have used their physiotherapy, biomechanical and fitness knowledge to determine which of these muscles are smaller, less dominant and weaker in most people and have ensured that these muscles are targeted first in all workouts.

Maximum Intensity

We believe that a Pilates class should be an intense workout and that you should feel every muscle working. This is the way it was always meant to be since Pilates was first invented nearly 100 years ago. The intensity of a class however doesn't come from the difficulty of one single exercise, but from how each and every exercise is paired with others and the order in which they are performed.

This is the Studio Pilates® 'secret sauce' and is the key to how we help our members to achieve such amazing results.



Take your before photos and progress pics and tag @studio_pilates on Instagram

HOW TO MAXIMISE YOUR RESULTS

INCREASE YOUR RESISTANCE OVER TIME

If you're not slowly increasing the load or intensity of the workout over time then you're at risk of your results plateauing. This is true for all forms of exercise, Pilates included. You can combat this by always pushing yourself to the next level in your class. This applies to your cardio as well as your Studio Pilates® resistance training.

When it comes to your Studio Pilates® classes, the best way to maximise your results is to increase your springs consistently as you get stronger. This will help you to continue to gain strength and lean muscle mass over time and ensure that you're maximising your results over the long term. Don't worry, you're not going to turn into a body builder by increasing your resistance - you're simply going to get more and more toned over time.

CHOOSE THE HEAVIER SPRINGS

If you like to work out hard, then it's vital to choose the springs at the higher end of the spring range. With the vast majority of Studio Pilates® exercises, the more resistance added the more challenging the exercise will be.

A handful of exercises are the opposite to this rule, as explained in the audio cues. The resistance guide is positioned in the top right hand corner of your digital screen.

ADD IN CHALLENGES

Adding small modifications that increase the intensity of the exercise is a great way to maximise your results. Ask your instructor for guidance on how to make an exercise more intense or listen to the audio guide again.

CONSISTENCY IS THE KEY

There is no substitute for good old fashioned hard work and consistency. Doing Studio Pilates® consistently increases your metabolism which helps you to burn fat much more rapidly. Taking several days break from exercise slows down your progress greatly.

FUEL YOUR BODY WELL

It's vital to fuel and nourish your body the right way in order to perform at your best when you train. Through consistent, focused and intense training, your body will gain lean muscle mass. This in turn will make you more toned and also help you to burn fat more rapidly.

If your body doesn't have the fuel that it needs to perform, your training will be inhibited and your fitness and overall results will be impaired.

The body gets its fuel from the food that you eat. If it can't get enough energy from the food that you consume, it also gets it from the fat that is stored on your body. This is how we lose weight: by creating a small energy deficit each day through consuming less energy than we burn. A hidden trap can sometimes be to restrict calories and types of foods too much in order to expedite results, but this can leave you feeling tired, flat and without the energy to train at a high intensity.

*We recommend reading and using the Studio Pilates Nutrition Guide in conjunction with this program guide for best results.

TRAINING PRINCIPLES

RESISTANCE TRAINING

Resistance training is where resistance is applied to movement. This includes lifting weights at the gym, body weight resisted movements (such as Pilates matwork) and of course, Studio Pilates® classes.

Resistance training is vitally important in reshaping your body, toning muscles and increasing your metabolism. Your metabolism can be increased substantially due to the fact that the more lean muscle mass you have on your body, the more rapidly you can burn calories when you exercise.

Resistance training forms a very large part of your Thirty Day Challenge Program because of this simple reason.

CARDIO

Cardio activity refers to exercise that elevates your heart rate for an extended period of time.

As a part of the Challenge, we recommend that you do 30-45 minutes of cardio at least three times a week. To maximise your fat burning, we recommend that you perform your cardio immediately before your Studio Pilates® class. This not only helps to ensure that you're melting more fat on these days, but it also saves you time.

A cardio session could include:

- Going for a fast walk and adding in some steep hills
- Going for a jog
- Going for a run and doing some sprints
- Swimming
- Boxing
- Skipping

Basically, your cardio can be anything that you enjoy doing, is convenient for you, and most importantly, elevates the heart rate significantly for a period of at least 30-45 minutes. If you are already accustomed to a higher level of cardio than this, please feel free to continue with your current level of activity and add in your Studio Pilates® classes to your existing exercise routine.

More information and sample cardio programs are provided on how to perform your cardio at home later in this guide.

HIGH INTENSITY INTERVAL TRAINING

High Intensity Interval Training (HIIT) is great way to approach your training and it generally focuses on what's called your 'lactic energy system'. This means that it produces a big burn factor as the muscles in the body are working hard and they are certainly telling you about it.

This type of training burns the most amount of calories in the shortest timeframe which is why it's such a powerful tool in helping you to achieve your goal.

Training using the HIIT methodology simply means that you're exercising extremely hard for a period of time (perhaps 1-2 or even 3 min) followed by a short rest interval and then this is repeated many times over.

This way of training is tough, but it melts away the fat and burns the calories.

One of the many secrets behind why Studio Pilates® is so effective at transforming your body is due to the way in which we sequence or structure a workout.



ADAPTATION CYCLES

The path to getting fitter is not straightforward. If you were to draw a line graph showing how your fitness levels were progressing, it wouldn't be a straight diagonal line going from 'unfit' in the bottom left corner to 'fit' in the top right. Instead it would look like the ones that you see of the stock market with fitness levels showing peaks and troughs, with an overall upward trend.

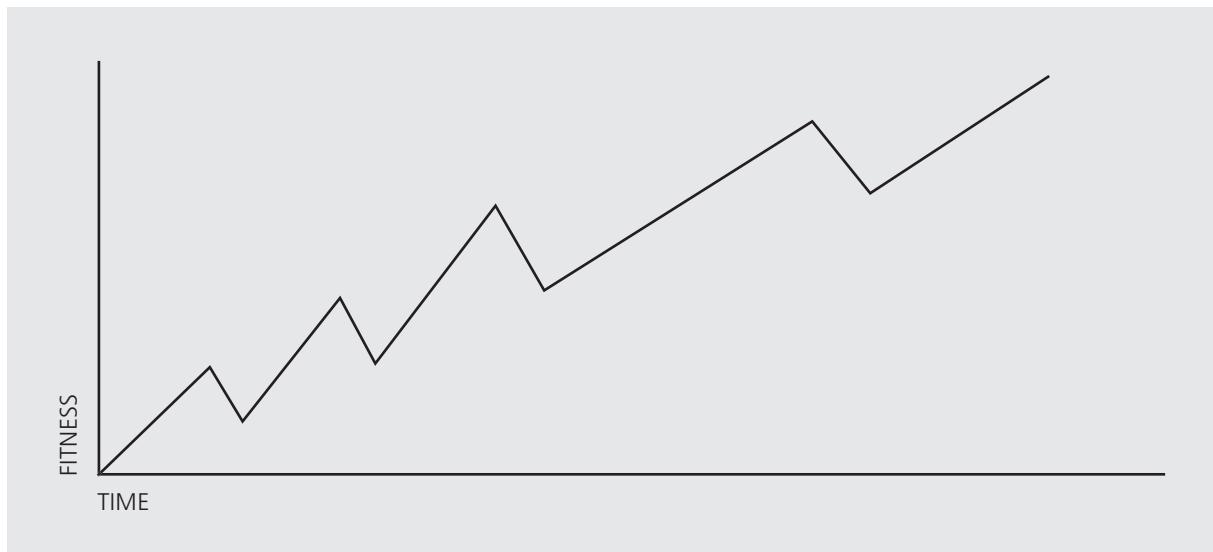
When increasing your physical activity and your training, your body will go through adaptation cycles. It's important to know this because you will sometimes feel fatigued and you'll feel lacking in strength, energy and fitness, even though you've done heaps of training, and this can be discouraging.

You will put your body under load (in other words, you'll do a bunch of exercise) and this will be great for a while. You'll be training the house down for one, two, three weeks and you've gone from strength to strength with your training. Then all of a sudden you may find that you'll get quite fatigued or exhausted. This is your body 'adapting' to the workload that you're putting it under and it may feel like you've been hit by a truck.

Your energy levels usually go down, your strength might even feel like it dips a little bit and you will feel like you just need to have a rest. This doesn't mean that you're 'overtraining' and this feeling of exhaustion is a positive sign. It's vital that you listen to your body when you're in this state by resting.

The best thing to do is work on your active recovery - which is touched on in other areas of this guide - and keep on moving through this stage as quickly as possible. You'll need to keep in mind, however, that you should lower your expectations of yourself for a few days when it comes to your workouts. Then, once you're feeling better, you'll have broken through and you'll be ready and raring to go again.

This adaptation cycling is how the body gets fitter and stronger and helps you to get to your goal. In summary, you should expect some days of exhaustion in your training and recognise that they are a scientific and essential part of your training.



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MINDSET & TIPS FOR STAYING ON TRACK

SCHEDULE YOUR EXERCISE IN ADVANCE

We recommend that you schedule your exercise in advance and make a real commitment to your exercise as this is vital in building self confidence and gaining results. Missing a planned workout time is breaking a promise that you've made to yourself and this impacts both your body and mind.

Sure, sometimes life's little emergencies happen and so if they cause you to miss a workout, schedule a make-up class straight away. It's your body and you need to take control of your life and your results.

SET A GOAL

When setting a goal, we recommend setting a big goal with a series of smaller milestone goals in between. This style of goal setting keeps you motivated and on track. When you achieve each small stepping stone goal, make sure you celebrate!

Write your big and small goals down with the date you want to achieve them by and put them somewhere visible so that you can see them every day. The important thing to remember here is to make your goal something that you can measure, so that you can track it. If you can't measure it then it's going to be much harder to stick to.

MEASURE YOUR SUCCESS

As discussed earlier, it's vital to take your progress pictures and do your measurements. The changes in your body can often be too small to see on a day by day basis, and it's only after a period of time that you notice big changes have actually taken place! Without these trackable and visible milestone markers in place, you're sure to give up.

GET SUPPORT FROM FAMILY AND FRIENDS

Discuss your goal with your family and friends and ask them to support you in your quest. Make sure you share your progress achievements with them and you'll find their encouragement and support will increase as you start to really kick some goals.

TAKE TIME OUT FOR YOU AND MAKE EXERCISE A HIGH PRIORITY

'Mum guilt' is very common and can often extend to feelings of guilt for taking time out of your day for yourself to workout. Always putting your family first is admirable, but perhaps not so at the cost of your health and your self esteem. Take just 40 minutes each day to work on yourself and you'll often find that you'll be a better mum and wife/partner for the remaining 1400 minutes of the day.

YOU'RE GOING TO HAVE TO MAKE DRAMATIC CHANGES TO YOUR LIFESTYLE FOR A PERIOD OF TIME

Quite simply, if you're wanting to see massive changes in your body, then you're going to have to make massive changes in your eating habits and your exercise routine.

Making small changes to your eating and exercise routine will get you small results. Making massive changes will get you massive results, particularly over an extended period of time.

You're going to have to do things that you don't normally do. You're going to have to cut things out of your diet that you normally eat/drink and introduce things that you're not used to.

You're going to have to expect to be more tired than usual and you're going to have to exercise outside of the normal times that you would normally. You're going to be outside of your comfort zone and if you're not, then you're probably not going to achieve the results that you want.

EXPECT SETBACKS AND TAKE THEM IN YOUR STRIDE

Setbacks are a normal part of training and should be something that is expected. A setback could include picking up an injury or illness that interrupts your training, or perhaps your work schedule gets out of control for a bit.

These kind of interruptions may be something that could inhibit you from training at your maximum potential for a short period of time. These things will most likely happen at some stage, the important question is how you'll rise to overcome these challenges. For example, if you have a small injury, will you still train the rest of your body to the best of your ability and seek treatment for it or will you do nothing about it and sit on the couch and give up on your goal?

These challenges or setbacks are a test of your character and they will be a test of how much you want to achieve your goal.

TAKE THE LONG TERM APPROACH AND LOOK AT THE BIG PICTURE

It's important to look at the big picture when losing weight and getting fit. The day to day changes that occur in your body are very small and you will need to take a big picture approach to achieving your goal. If you only look at the little picture, then you're sure to get frustrated.

A long term approach is also what you'll need to take if you hit a few speed bumps along the way such as illness, injuries or other setbacks.

Looking at the big picture and realising that your new approach is a way of life moving forward will help you to stay positive and on track.

REST, RECOVERY & REHAB

Whilst training hard is important, it's equally important to take the time to recover and replenish your body and its energy stores from time to time. The body will adapt eventually to any load you put it under, but you can achieve faster gains and quicker results by incorporating rest days into your program.

Rest doesn't have to mean sitting on the couch. A rest day can simply mean a rest from one certain type of activity, giving the body a chance to recover. In this case it might be a rest from Pilates or from cardio for example. Your program guide contains recommended days off. These are not mandatory by any means, but you'll generally find that, by taking a rest day from time to time, you'll bounce back the next day fitter and stronger than you were before.

This will give you renewed vigour and allow you to take it to the next level with your springs, which will increase the toning benefits of your Studio Pilates® classes.

Listen to your body

It's important to always listen to your body. Ignoring the warning signs that your body is sending you can often lead to injury, or worse. If your body is telling you to rest, stretch, get a massage, go to the physio, our advice is to listen to it.

When it comes to fatigue, general fatigue is the feeling that you have due to an accumulation of activity done day in and day out. The muscles feel tired, dead and you feel generally exhausted.

This is different to Delayed Onset Muscle Soreness. Delayed Onset Muscle soreness (or DOMS), is the sore feeling that you get from doing a challenging workout or exercise and it hurts to touch, move or stretch the muscle the next day. These are two separate things and one can be present without the other.

If you feel totally fatigued, then it's important to listen to your body and take a rest day when it's needed. This may be different to the scheduled rest day in the program guide. This is fine and you can always make up for the missed day another time during the month if you want to get the full amount of workouts in. It's far better to rest when you need it and then pick up where you left off the next day, rather than giving up completely because it's all too hard.

Recovery rate

How quickly you recover from a state of exhaustion is an indicator of fitness (or lack thereof). Generally speaking, the fitter you are, the faster your recovery rate should be. This of course is dependent of the level of fatigue one is experiencing in the first place.

Your rate of recovery will depend on four main things.

- How fatigued you are
- What you actually do to recover
- What your nutrition
- How much deep sleep you get



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What to do on a rest day

As discussed elsewhere in this guide, rest doesn't have to mean sitting on the couch and watching a movie and putting your feet up. Whilst this is a great way to recover, a rest day can simply mean a rest from one certain type of activity. It might be a rest from Pilates for a day or a rest from cardio for example.

Experiment with how you personally recover the best, as this is a very individual thing and once again, listen to what your body is telling you.

HOW TO ASSIST YOUR BODY TO RECOVER

Sleep

This is the number one way that your body will recover. The more sleep you get, the more rapid your recovery cycle is and the harder you can then work out and the more effective your training will be.

When you sleep, your body will work overtime to repair cells, digest food and convert food into glycogen to store in the muscles. Glycogen is the main fuel source that your muscles use to move.

Many wearable fitness tracking devices now help you track how long you are in a deep sleep each night. This is the type of sleep is the most valuable to your recovery and therefore your training.

Stretching

Stretching should always be incorporated into any exercise program and should form an important part of your recovery and body maintenance program. Stretching is excellent for both injury prevention and muscle recovery. The best way to incorporate stretching into your life is to choose a thirty minute television program and get down on a mat and stretch for the duration of it.

We recommend holding each stretch for at least one minute each side. This is quite a long time when you actually use a clock to time it. Use your watch or smartphone to keep a track of how long you're holding a stretch to ensure that you're holding your stretches for a sufficient period of time.

If the muscle still feels tight after holding the stretch for one minute, then hold it for longer. We suggest holding the stretch for two, three even five minutes if needed! Remember to breathe deeply as you stretch and empty your lungs fully as you exhale.

When you do this, you'll find that the muscle relaxes just that tiny bit more each time you exhale. Stretching before a workout helps a little with flexibility, but stretching after a workout is best for long term flexibility gains. It's important to stretch tight muscles as they can pull on joints, bones and other muscles, increasing the risk of injury because the body is no longer working as it should.

Massage

Deep tissue remedial massage is fabulous for recovery. Remedial massage is quite different to relaxation massage. A relaxing massage is the type of massage where you go to the beauty salon/day spa and have warm stones gently placed on your back whilst rainforest music plays.

This type of massage is lovely, but remedial massage is very different. Remedial massage is firm, deep tissue kneading of the muscles and tendons and can often almost bring a tear to the eye. This type of massage helps to loosen any adhesions in the muscle fibres and get them working efficiently again.

Sometimes it's wise to schedule a recovery day after a strong remedial massage as you can sometimes be a little bit tender in some spots. This is normal and should be expected. Some very slight bruising is not uncommon after a firm massage.

A light swim

Getting weightless in a swimming pool is a great form of active recovery. Active recovery simply means that you're moving your body to recover. Taking a load off of your joints and muscles is a great way to stimulate your muscles to recover and working them against the resistance of the water promotes active circulation and movement of the muscles fibres in a different way.

Use a foam roller

A foam roller is a great device that can help you to stretch and massage your muscles and tendons yourself without having to go to a massage therapist. Foam rollers are inexpensive, they pack light when travelling, and they come in an assortment of sizes and styles.

There are many stretching and massage programs on YouTube and online that show how to use the foam roller.

Hot & Cold Therapy

Used by many different sporting teams and cultures across the world, hot and cold therapy is great for boosting circulation, blood flow and soothing sore muscles. This process sees users heat their body in a sauna or steam room alternated with intervals of submerging themselves into a cold pool or even snow!

To do this at home, run a cold bath and fill it with a few bags of ice to bring the temperature right down. Submerge yourself in the ice water for a few minutes and then jump into a warm to hot shower in another bathroom.

This technique can also be modified as either hot or cold therapy only. Hot therapy is spending a period of time in a steam room or sauna whilst cold therapy is simply spending as much time as possible submersed in a bathtub filled with iced water.

Stretching should always be incorporated into any exercise program and should form an important part of your recovery and body maintenance program.

REST, RECOVERY + INJURIES

INJURIES, INJURY PREVENTION AND TRAINING WITH AN INJURY

At Studio Pilates International®, we believe that exercise should be intense, but never so that it causes an injury. One of the reasons why we absolutely love Pilates is that it can be so incredibly focused and challenging, yet at the same time it's safe and friendly on the joints.

Injuries however, are part of life and are part of any physical training program and none of us are immune. When you're pushing the body to its limits, sometimes small strains and niggles can occur. Here we've compiled some information to help you to stay on track with your training if you experience any aches or pains along the way.

How to identify that you have an injury

There are a few different ways that an injury might present itself. Usually an injury is a sharp, stabbing type of pain in a muscle, a joint or the spine. An injury can also be a burning type of pain and can sometimes be confused with the burning sensation or 'good pain' that you feel when you do a workout.

If you're feeling the burning in a good way and in the right spot for the exercise, then this is great. If you're not, or you're not sure, then stop and ask your instructor.

The key thing to remember is that you shouldn't feel pain from any type of exercise (Pilates or otherwise) in the neck, back (especially lower back) or joints.

Sometimes it's difficult to tell if you're feeling an exercise in the right spot and if it's good pain or bad. Nearly all of the time it will be good pain but if you're in any way unsure, please stop and ask your instructor.

Some injuries will 'flare up' after a workout, whilst others only present when you're doing a particular exercise. The important thing to know is if it hurts in a bad way, then stop and do a different exercise or do a variation of the same thing that won't cause pain during or after class.

There is no point pushing through something that could potentially cause something worse, which would then stop you from exercising for an extended period of time and set your training and your goals back for weeks or even months.

Doing Studio Pilates® classes with an injury

If you have an area of the body that is strained or you're prone to injury in a certain area of the body, the great news is that you don't have to stop training and you can generally continue to do Studio Pilates® classes, depending on your level of pain and the body part affected.

Your instructor is highly trained on injury protocols and how to help you with your body. The most important thing that you can do is to communicate this injury and any physical restrictions that you have with your instructor before each class and keep the lines of communication open. They can then advise how to modify or exchange relevant exercises to keep your body pain free.

Your Studio Pilates® instructor will have noted down on your file that you have an injury but it's important to have a regular conversation about this with your instructor and stop immediately if you feel any pain in the affected area.

Communicating your injury to your instructor before each class helps for a few reasons:

1. It will keep you and your body top of mind for the instructor, enabling them to assist and monitor you more during the class
2. They can advise you on exercises that may not be suitable for you in the day's program
3. They can provide you with alternative exercises with the aim of avoiding any pain in the affected area and they may be able to help to strengthen the injured part of the body rather than exacerbate things.

If you're doing a Studio Pilates® home workout or DVD. Always exercise caution and if you're unsure of anything, discontinue your activity straight away and seek the advice of a good sports physiotherapist who works in a private clinic.

For more information about physiotherapy in Australia visit: <http://www.physiotherapy.asn.au/>

To find a physiotherapist near you visit:
<http://www.physiotherapy.asn.au/APAWCM/Controls/FindaPhysio.aspx>

Injury prevention techniques

Pilates is so great for increasing core strength and core stability as well as overall strength and flexibility. This in itself is one of the biggest contributors to preventing injuries.

There are extra steps that you can take to keep your body working optimally. These include:

- Having a regular home stretching routine outside of your Studio Pilates® classes
- Having a regular remedial, deep tissue massage
- Using a foam roller
- Self massage and trigger point therapy

Some of these are covered in more detail in other parts of this guide.

What to do if you sustain a training injury

Depending on the severity of your training injury, you should follow this plan.

1. Rest up

Aim to reduce your daily home or work duties and identify anything could possibly flare up your injury. If things in your exercise routine could be exacerbating your injury then reduce these down or discontinue for a period of time.

2. Seek physio treatment

Musculoskeletal injuries may need some musculoskeletal treatment and a good sports physiotherapist will be able to treat your injury. This can accelerate your return back to what you love doing.

3. Continue with your Studio Pilates® classes

Often your injury can be both worked around and worked on in your Studio Pilates® classes. You will simply need to be communicating regularly with your instructor on how your body is feeling before, during and after your class and let them know of any restrictions you have.

4. Ice Ice Baby

Depending on where the injury is, you may also find that ice is a great way to reduce any inflammation or swelling in any affected area. Ice the area several times a day for the first few days for a duration of around 20 minutes at a time.

TRAINING WHEN PREGNANT

****Important Information:** Studio Pilates International® recommends that you always workout under the direction and supervision of your doctor if you are currently pregnant or considering getting pregnant. It's always best to have your exercise supervised by a professional who specialises in this area and consult with your doctor regularly on what you should be doing as your pregnancy progresses.

What should I do with my exercise routine when I first fall pregnant?

A big congratulations to you first of all from everyone at Studio Pilates International®. When you first discover that you're pregnant we recommend that you start to take things a bit easier and don't push yourself quite so hard. This includes all of your current exercise activity.

When do I have to start to take things easy?

As a guide, you can generally do your abdominal exercises up to the twelve week mark. After this, you'll need to discontinue any abdominal work that entails lying on your back.

DURING PREGNANCY

All pregnant women will be slightly different and they will react with varying degrees of success to different forms of exercise. It's important to remember that what's good for one of your friends may not be good for you. Having said that, there are some general rules to follow:

Maintain a moderate intensity

Due to the cardiac changes, the body is already in an exercised state when pregnant even at rest, the body is already working harder than normal to sustain itself.

Try not to increase your heart rate too much by limiting your exercise difficulty, allowing longer breaks or by lowering the number of consecutive exercises which target the same muscle group. Unaccustomed vigorous exercise in pregnancy can place the baby at risk by causing a diversion of uterine blood to the skeletal muscles, meaning less blood and oxygen to the baby.

Keep cool

Avoid hot, humid conditions, wear loose clothing, and stand near a fan or air-conditioner if possible. Maintaining a safe temperature is of vital importance as the baby is not able to regulate temperature itself.

Stay hydrated

Drink lots of water.



Warm-up and cool-down well

Due to circulatory changes, you will need to warm-up and cool-down well to avoid blood pooling in the legs/feet and this will also assist with leg cramps.

Avoid lying face down, one sided exercises and wide lunge/stance positions

These positions can put extra stress on pelvis. The pelvic girdle and the surrounding structures are compromised during pregnancy and are more susceptible to being damaged by movements that require increased muscular control.

Activate your Pelvic Floor muscles during all exercises to keep it as strong as possible

Any form of activation and strengthening can help with post natal recovery by providing a higher baseline of strength to work with later on. As your pregnancy progresses, the pelvic floor is much harder to feel, so it is important to do as much as possible in the early stages.

Stop immediately if feeling unwell

If feeling even the slightest bit odd or unwell, stop and consult your practitioner immediately.

POST PREGNANCY

When can I attend classes again after giving birth?

For anyone intending to return to exercise after a pregnancy, it is recommended that you are cleared by your treating doctor for any possible complications. Issues during, or directly after the birth, can occasionally delay the ability for you to exercise safely.

As a general rule, you may be able to begin some basic Pilates training 4-6 weeks post-birth. A caesarean birth will be more likely to push exercise back to 6 weeks post birth or even longer.

This is a general minimum rule of thumb and it might take longer for your body to be ready to get back into working out. It's vital to be patient and not to rush into things as this can be dangerous. Listen to your body and the advice from the experts around you.

Any form of activation and strengthening can help with post natal recovery by providing a higher baseline of strength to work with later on.

FREQUENTLY ASKED QUESTIONS

If my muscles are burning then I'm bulking up right? I don't want that.

The common belief that when you're muscles are burning you'll bulk up is wildly inaccurate. Many women don't push themselves during exercise to the point where they feel the muscles burning because of this fear, and if you're one of them then this is holding you back from achieving the results that you're after.

Bulking up is an entirely different way of training. When you feel your muscles burning, this is what's called lactic acid and it's actually what happens when you're training the muscles to be more toned and creating more lean, sculpted muscles.

How do I lose weight just in my 'problem area'?

Unfortunately, this is not a reality. Our fat is contained in cells that are found all over our body. We simply have a higher concentration of fat cells in our problem area.

When we lose weight, we tap into the energy that is stored in these fat cells and use it as fuel. The fat cells then get smaller and our physical appearance changes.

The caveat is that we can't control which cells the body is using for fuel and so we can't actively reduce fat from a specific area.

The good news is there is still a couple of things that you can do. Firstly, you can increase the muscle size and its amount of tone in your problem area with Pilates. This can dramatically change the appearance and feel of the area.

As you then reduce your fat stores, this area will emerge looking toned and sculpted and will no longer be a problem area anymore.

Do I have to follow the exercise program?

No one is forcing you to do anything that you don't want to do. But, aren't great results and getting outside your comfort zone the whole point of this program?

Do I have to use the Studio Pilates International® Nutrition Guide?

Again, no you don't have to, but if you want to make dramatic changes to your body and your health then this is highly recommended. Transforming your body is accelerated greatly by combining exercise and diet together.

Help! I can't make it into the studio five times a week, what should I do?

The way this program is set out is to help you to achieve maximum muscle toning benefits, rapidly. But if you just can't do five Studio Pilates® classes for whatever reason, then do four instead and two home workouts using our guide or one of our DVDs.

Do I HAVE to do cardio?

How quickly do you want results? Cardio simply accelerates your fat burning and it will provide a huge boost to your thirty day results, it will drive your progress and really help with weight loss and toning. It's just thirty days after all, and only three times a week - so crank your favourite tunes on your smartphone and start running!

I have a special event coming up in the next few weeks, is there a way I can fast track my results?

Yes! As well as being very diligent with the program (ie following the nutrition plan to the letter, eating 1200 calories or less a day, and following the exercise guide), up your Studio Pilates® classes to 7 times a week and your cardio to 4-5 times a week. This is going to be a lot more challenging, but you will get results more rapidly, however it's important to be realistic with your expectations as well.

I haven't lost any weight on the scales, what should I do?

First of all, don't worry! Pilates is a resistance workout, if a loss on the scales isn't evident straight away, it may be your muscles are getting more toned and boosting your metabolic rate, which in turn will help you to melt your body fat a little later down the track.

Just focus on religiously following the program, ensuring you are following the 5:3:1:1 rule, eating food from the Nutrition Guide and not going over your daily calorie budget. If you are doing all of these things and are still concerned, reach out to the instructors at your local studio – we are here to help you to achieve results!

Can I incorporate my own recipes?

For sure. But if you want the best results possible, we advise that you stick to the program diligently, or make sure you are choosing foods with the right calorie count and balance of protein, fats and carbohydrates. If this is not possible for any reason, we recommend that while eating other foods, you still focus on eating your amount of calories each day.

These meals should also still be gluten free and dairy free, with only the freshest ingredients if possible. If you are not following the Nutrition Guide, it may be helpful to download an app such as MyFitnessPal which can help you to track the number of calories you are eating in a day and ensure you are not going over your calorie limit.

What happens if I haven't reached my goal weight by the end of thirty days?

Simply stick with the program and repeat the thirty day process multiple times. The body can only change so much in thirty days, in ninety or one hundred and eighty days however, the body can change radically.

Do I really have to go thirty days without a glass of wine?

We know that for many people (us included!) this is often the hardest part of a healthy eating challenge. So yes, please try to commit to the full thirty days without any alcohol. Alcohol contains a very large number of calories and to maximise your results, you are going to need to be watching everything you eat to aid your body's transformation. You may even surprise yourself by how good you feel without the wine by the end of thirty days!

ARE YOU READY TO TRANSFORM YOUR BODY?

- Work out six days and rest on the seventh
- Incorporate Studio Pilates® classes 5 times a week or more, 1 Studio Pilates® home workout, 3 cardio sessions and 1 rest day
- Combine your cardio and your Studio Pilates® classes on the one day to maximize your time and burn more calories
- Ideally, do your cardio just before your Studio Pilates® class.
- Your cardio can be an fast walk, a jog, a run, a swim or whatever cardio you enjoy the most
- Try jogging to your studio for 30 minutes. If you're working out at home, jog before you do your workout
- You can do your cardio at the gym, but you will burn more calories if you do it immediately before your Studio Pilates® class as you will be better warmed up and able to enjoy a more intense class
- You cardio can be done after class if more convenient
- When working out at home, you can do either the sample classes provided or one of our Studio Pilates® DVDs
- Take your measurements and before photo prior to commencing your Challenge and at the end of each week
- Day 1 of your Challenge doesn't have to be a Monday, you can start it on any day if you're working out at home or starting at a Studio Pilates® studio outside of a scheduled Challenge time. Alternatively, you can join in with our pre scheduled team challenges at your nearest studio, which start every 90 days.
- Track your progress using the supplied calendar
- Get ready to be amazed by your results



Take your before photos and progress pics and tag @studio_pilates on Instagram

CARDIO GUIDE + SAMPLE PROGRAMS

It is important that, before beginning any diet or fitness regime, you consult with your healthcare professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

Cardio is a way to strengthen your heart and improve your lung function but it also stimulates your metabolism and is a weight loss accelerator. When cardio is combined with your Pilates workouts, you will get to your goal body weight much faster. This cardio guide will help you to know what to do when it comes to effective cardio.

Recommendations:

Aim to do 30 - 45 minutes of intense cardio 3 times a week.

We have prepared some sample cardio programs for you to train effectively and to take the guesswork out of your cardio. It's important to do a type of cardio that you enjoy and do it the recommended number of times per week. This way you'll enjoy your exercise time and you'll see results too.

IMPORTANT INFORMATION:

The recommended structure of workouts outlined below is the best for maximum fat burning, toning and physical recovery. You can swap which days you do each activity as long as your week's activity comprises of 5+ Studio Pilates® classes, 3 cardio sessions, 1 home workout and 1 rest day.

HOW TO MEASURE YOUR HEART RATE

You should be aiming to elevate your heart rate and keep it elevated for an extended period of time in order to improve your cardiopulmonary fitness and endurance. Measuring your heart rate is important to make sure you're working hard and staying on track. We recommend that you aim to get your heart rate to approximately 70-80% or more of your maximum heart rate and keep it there for as long as possible.

To get a very rough indication of what your maximum heart rate should be, simply subtract your age from 220 beats per minute. So if you're 50, then your maximum heart rate will be around 170. This is of course a very rough indicator and there are many factors that either increase or decrease your age predicted maximum heart rate, but this gives you a starting point.

To take your heart rate, you can purchase a heart rate monitor (available from most sports stores) and simply strap it to your chest, which delivers an automatic read-out given on a corresponding watch. You can also take your heart rate manually. First, you need to learn where to find the pulse.

The pulse is at its strongest and easiest to feel in the neck. To find it you should feel the throat and find the Adam's apple and the wind pipe. In line with the Adam's apple and just beside the windpipe is where you will feel your pulse.

You'll need to use the first two fingers to feel for your pulse and when you've found it and you feel your heart beating, you'll need to use the second hand on your watch or a clock to measure how fast your heart rate is going.

The easiest way to do this is to simply count how many times you feel your heart beat in a period of six seconds and then add a zero. For example if it beats 18 times in the six seconds your heart rate is 180 beats per minute.... simple.

When you are doing your cardio you should aim to get it close to your maximum heart rate and train your body to be able to keep it up there for as long as possible. This will challenge your fitness and strengthen your heart.

Tip: Jog for 30 minutes immediately before your Studio Pilates® class to maximise the fat burning results from your workout. When cardio is combined with your Studio Pilates® classes you will achieve your goal body weight even faster.

SAMPLE JOGGING AND RUNNING PLAN

Jogging is a convenient, effective way to get fit and burn energy. Just throw on your jogging shoes and away you go. The only caveat of jogging is the impact it can have on your ankles, knees, hips, back and other joints. So before you hit the road, make sure you have some good quality, supportive shoes. If you have any joint problems you might like to choose a lower impact form of cardio instead such as walking or swimming.

Your body will gain fitness quickly, so to keep the results skyrocketing, it's important to keep raising the bar little by little over the next four weeks as you progress in fitness. This way, you will keep your body challenged, your metabolism fired up and the results rolling in.

Beginner Jogger:

You're going to have to start off pretty easy and incorporate a fair amount of walking in your cardio so your body can adapt to the fitness requirements you're placing it under and the body can get used to the impact.

If you've never run before, build up your fitness with the Learn to Run Program featured below. It is important that before beginning any diet or fitness regime, you consult your healthcare professional to ensure that you are mindful of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time.

Intermediate Jogger:

If you're an intermediate jogger, you already have some experience running but you need to rest a bit every now and then. Use the Learn to Run Program guide below and start at about week 7-8.

Advanced Jogger:

If you can jog for an hour nonstop, you are an advanced jogger. You can try throwing in some hills to your jog to boost the resistance. Try the rolling interval method below to challenge the fitness just that little bit more.

LEARN TO RUN PROGRAM

Always warm up with 5 minutes of brisk walking and some lower body stretches. Do multiple intervals to add up to the required amount of cardio you need. For example if you're just starting out and you need to do 45 minutes of cardio, you'll be doing a set of 1 min jogging combined with 1-2 minutes walking 22 times to make up 45 minutes of cardio.

Week	Jog Time	Active Recovery Time	Total Cardio Time
Week 1+2	1 min jogging	1-2 min walking	30-45 minutes
Week 3+4	2 min jogging	1.5 min walking	30-45 minutes
Week 5+6	3-4 min jogging	2 min walking	30-45 minutes
Week 7+8	5 min jogging	2 min walking	30-45 minutes
Week 9+10	8 min jogging	1 min walking	45-60 minutes
Week 11+12	10 min jogging	1 min walking	45-60 minutes
12 weeks+	Jogging non stop	-	45-60 minutes

The Rolling Interval Method:

If you're a fit runner/jogger and you stick to just one pace all the time you may not be challenging the fitness sufficiently to keep the body guessing and your results may plateau.

To remedy this try the rolling interval method. To do this, simply run at an unsustainable strong pace for 8 minutes and then jog at a slower pace for 1-2 minutes. Repeat this 6 times or more to get your hour.

Aim to get your 8-minute runs going at a faster and faster pace as your fitness builds and remember your active recovery is still jogging and not walking.

Sprint Session:

Mix up your routine with some sprints. By sprinting, you not only burn a stack of calories, but you also really help to tone the muscles too.

Warm Up

1. Walk to the end of your street: 2 minutes
2. Jog for 10 - 15 min to your nearest park, school sporting ground or very quiet street with no traffic.
3. Do some lower body stretches and find an open space and do the following.

Sprints

1. 100m sprint maximum effort, then a brisk walk back to your starting line. Repeat 5 times in a row without any big rests.
2. 200m sprint maximum effort with just a 30 second walk between each set. Repeat 3 -4 times in a row.

Warm Down

1. 10 - 15 min jog back home.

To increase the intensity of this program, turn the 100m into 200m and the 200s into 400s. If you are going flat out, you will definitely get the heart rate up and you'll receive fantastic results.

SAMPLE SWIMMING PLAN

Swimming is a great form of cardio. It's virtually no impact, it's inexpensive and you don't need any fancy equipment to do it. All indoor pools are heated and all outdoor pools that are open during winter are heated also, most of the time in excess of 25 degrees Celsius, so don't be afraid of cold water.

If you're working hard in the water you'll be getting your heart rate up, you'll be burning calories and working up a sweat.

Swimming, like all types of cardio, is skill dependent, so the better your technique is you'll find that you'll actually be able to push yourself that little bit harder and get more out of your workout. On the other hand, if you're maxing out just getting to the other end of the pool, this is also good as you'll be working hard and burning a stack of calories. What's more, your arms will get exceptionally toned if you do a lot of swimming, which is a great added bonus.

Here are a few sample swimming programs.

Note: 50m = one lap of an Olympic or full sized swimming pool.

Beginner Swimmer:

If you're a beginner swimmer you might find it a challenge to get to the end of the 50m pool without stopping and after 10 laps you're exhausted.

Try starting out with 20 half laps with a rest in between and then do as many full laps as you can after this. Each session and each week, reduce the amount of half laps you do and build the amount of full laps.

By the end of 4 weeks you should be aiming to do some 100m swims without stopping. Try adding in some flippers to your swimming. This gives your legs a great workout at the same time as giving your swimming a boost.

Intermediate Swimmer:

If you are an intermediate swimmer, making a lap is no issue for you, you can probably swim all strokes pretty well and you can tumble turn when doing freestyle. You can usually do 1-2 kilometres in a session. If this is you, try this program.

300 m easy swim to warm up

4 x 50 m hard the first 25 m then swim through easy

6x50 m flat out sprints with 1 min rest in between each 200m fin kick with a kickboard

5x100m pull with a pull buoy with 10 seconds rest between each

300 easy swim to finish

Distance: 1.8k m

Advanced Swimmer:

If you're an advanced swimmer, you find 1-2 km pretty easy. You're very competent at all strokes and skills in the water such as starts, turns and drills. You can do intervals on pretty quick cycles and you probably swim with a squad. You usually do 3-5 km+ per session. If you're not with a squad, try this program.

500 m moderate swimming of your choice

5 x 100 m individual medley on 1.45 – 2.00 min cycle (changing strokes each 25 m)

200m easy 3 x 100 m – 1.30 – 1.45 moderate to hard paced

200 m maximum effort – 3.20 min

8x50 m moderate - 50 – 60 sec

12 x 100 m Freestyle on 1.20 - 1.45 min 200 easy

Distance: 3.5 km

SAMPLE WALKING PLAN

Walking is a great way to get into some cardio if you have never done any before or if you are just getting back into it after many years off.

If you can't run, cycle or swim for example, then walking may be the best option available to you. What you may need to do however is to boost the intensity of your walking in order to achieve weight loss results, as walking is generally quite low in intensity and therefore won't burn many calories.

To increase the intensity of walking, you could increase the duration of your walk, but you might find it taking up a sizable part of your time. By simply adding a few hills into your walking routine, you can boost the walk's intensity and the effectiveness.

Sample walking program:

Find the biggest and steepest hill in your neighborhood

Walk at a steady pace until you get to the hill

Get to the base of the hill where and start your stopwatch

Get up that hill as fast as possible!

Check your time.

Then walk back down

Do this 5-6 times aiming to improve this over time

Slowly walk back home

Hot Tip: Over time, build the amount of times you go up the hill and try to reduce the time it takes you to get up it.

Jog for 30 minutes immediately before your Studio Pilates® class to maximize the fat burning results from your workout. When cardio is combined with your Studio Pilates® classes you will achieve your goal body weight even faster.



SAMPLE SKIPPING PROGRAM

Jumping rope has been used as a cardio cross training tool for boxers for decades. Skipping is great for elevating the heart rate and building endurance and is easy to incorporate into your training routine.

A skipping rope is inexpensive, it packs light when travelling and is an essential piece of kit for the serious cardio king or queen. The other great thing about skipping is that it can be done indoors and it's perfect for when the weather is way too hot/cold/wet outside.

Approach your skipping the same as you would any other interval training.

Warm Up:

2 x 3 minute intervals - easy/moderate intensity

Main Set:

30 seconds easy
60 seconds maximum speed
30 seconds rest
Repeat 6 times through

Cool Down:

2 x 3 minute intervals - easy/moderate intensity

*Over time you can build the amount of times you do the main set or build the duration of the maximum speed interval from 60 seconds and work to build it up to 3 minutes.

STUDIO PILATES® HOME WORKOUTS

We have supplied you with a series of home workouts that you can do on your active recovery days or days that you can't make it into the studio.

THE SCIENCE BEHIND HIGH INTENSITY CIRCUIT TRAINING

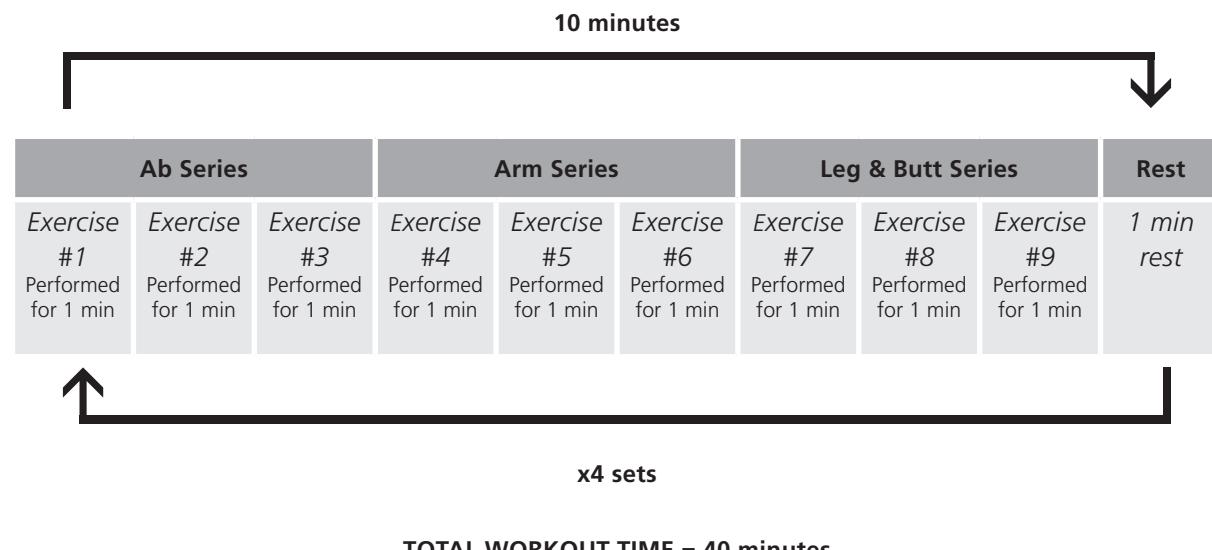
Circuit training is an incredibly effective exercise modality because you are targeting a large range of musculature over a short period of time. As a form of high intensity exercise, circuit training facilitates maximum fat burning, providing you with the ultimate results in a fraction of the time.

The main fuel source for the muscles in your body is called Glycogen and this tends to run out after approximately 40 minutes of working at a high intensity. For this reason, each workout contained in this guide runs for a duration of 40 minutes as any exercise performed after this time will have decreased benefit.

HOW IT WORKS

Each workout contained in this guide contains abdominal, arm, leg and butt exercises specifically chosen to target the entire body.

Each set that you perform, contains 9 exercises (3 ab exercises, 3 arm exercises and 3 leg and butt exercises). You perform each exercise for the duration of 1 minute, completing as many reps as you can during that minute. In total, you complete the set 4 times, with a 1 minute rest break at the end of each set.



Circuit training is an incredibly effective exercise modality because you are targeting a large range of musculature over a short period of time.

PILATES HOME WORKOUT ESSENTIALS

SPINAL POSITIONS

There are two spinal positions in Pilates. These are called Neutral and Imprinted Spine.

Neutral Spine

A neutral spine means that the normal curve of the lumbar spine is present. This should not be too large or forced, or too small and flattened out. Every person's neutral spine may look a little different to the next due to different body shapes and sizes.

To test if you are in neutral spine, place the palm of your hands on your hip bone and bring your fingers onto your pubic bone (to make a diamond with the hands). Your hands should be parallel with the floor.

No tension should be felt in the lower back muscles in a neutral spine position.



Imprinted Spine

An imprinted spine refers to an ever so slight posterior pelvic tilt and using the abdominals to draw the lower back slightly towards the floor. When lying on the back, the pubic bone will sit slightly higher than the hip bones. The bottom and tailbone should always stay on the floor.

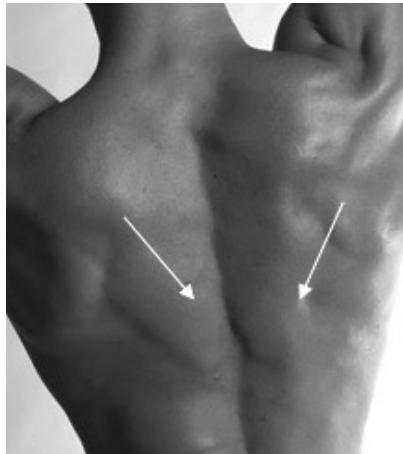


Shoulder Blade Position

Shoulder blade positioning is important in every exercise that you do and it is important to set the shoulder blades correctly before performing the exercise. To do this, you want to think of drawing the shoulder blades down and back and in towards the spine in a "V" shape.

If this shoulder blade setting is not done, then throughout the exercise you may feel tension in the neck and upper trapezius area, causing neck strain. We hold a lot of tension in our necks and shoulders from every day life, so it is important that we position the shoulders correctly before performing any exercises to start the movement of the exercise in the correct position.

Don't squeeze the shoulder blades together as hard as possible at the back as this over-activates the mid back muscles. When drawing the shoulder blades down and back, it should be a gentle activation and movement.



Good shoulder blade position



Squeezing too hard and high



Shoulder blades "winging" out to the side

Before we perform any movement in Pilates is it vital that the T-Zone is activated. It is the basis of every exercise we do and must be activated prior to commencing each exercise and held throughout.

T-ZONE

The “T-Zone” refers to the collective activation of the Transversus Abdominus and Pelvic Floor muscles, which we mentioned earlier.

If you imagine a large capital letter “T” drawn on the front of the pelvis, the top part of the “T”, which runs between the hip bones represents the Transversus Abdominus muscle. The bottom part of the “T”, which runs from the pubic bone up, represents the Pelvic Floor muscles.



T-Zone Activation Exercise

1. To activate the T-Zone, start lying on the back with the knees bent and a neutral spine. Think firstly of the pelvic floor. Gently draw up the pelvic floor along the imaginary vertical line as if you were trying to stop from going to the toilet. You should feel the muscles deep in the pelvic floor tighten slightly and draw upwards
2. Once the pelvic floor is tight, think of flattening the imaginary horizontal line in towards the spine, and drawing the hipbones across towards each other along the imaginary line
3. If you place your fingers just inside the hipbones you should feel the muscles tighten ever so slightly underneath the fingers. You should feel like the muscles are drawing upwards, across towards the centre and in towards the spine. Think of the T-Zone as a corset for stabilising the torso, when it tightens it pulls the area in slightly.
4. The rest of the abdominals should remain relaxed. There should be no holding of the breath. The spine should remain in a neutral position and not move.

Before we perform any movement in Pilates it is vital that the T-Zone is activated. It is the basis of every exercise we do and must be activated prior to commencing each exercise and held throughout. It is therefore imperative to practice this activation before moving on to any other exercises.

PILATES BREATHING

As you perform the exercises in this guide, focus on –

Inhaling through the nose, directing the breath into the sides and the back of the rib cage. Concentrate on really feeling the sides and back of the rib cage expand (this is called bibasal expansion)



and

Exhaling through the mouth, closing the rib cage and flattening the tummy



INJURIES

The workouts contained in this program are designed for fitness, not rehabilitation. Please seek medical advice if you have any injuries. Please note that you should not experience any pain through the neck, back or any of the joints at any time. If you do experience pain, please stop immediately.

Neck Pain

Neck pain can be quite common. If you experience any neck discomfort, try –

- Adding a cushion under the head and keeping the head relaxed on the cushion
- Keeping the head down on the mat (not lifting the head)

Lower Back Pain

Use caution with the following exercises as they are advanced abdominal exercises

- Double Leg Lowers
- Hundreds
- 100s Preparation
- Scissors
- Single Straight Leg Stretch

ANKLE WEIGHTS

To make these workouts even harder, try incorporating weights around the ankles. This will make the abdominal, arm, leg and butt series more challenging!

REST BREAKS

There is an allocated 1 minute break at the end of each set. It is always important to work within your limits while still performing a high intensity workout. If you find that you need further breaks, take these as needed (but try to keep them under 15 seconds if possible). However keep in mind that the goal of circuit training is to keep limit rest time to an absolute minimum.

WHAT YOU WILL NEED TO GET STARTED

A Timer

Most phones have a timer on them which you can use, otherwise there are thousands of timer apps which you can download to your phone. You can also use a standard clock to keep track of the time.

A Mat

Performing the exercises on a Pilates or Yoga mat will take away pressure from your back. If you don't have a mat, simply layer a few towels over each other.

Music

Working out should be fun, uplifting and energetic! Bring out your favourite tunes to listen to while you perform the circuits contained in this guide. High-energy music with a fast beat will help you to stay motivated and push through when the going gets tough!

WORKOUT #1

Ab Exercise #1: Single Leg Stretch

1 minute

Lying on the back with the knees bent at a 90 degree angle, spine imprinted. Place your right hand on the outside of the right shin. Left hand on the right knee. Inhale, engage the T-Zone. Exhale curl the ribs to the hips, lifting the head and shoulders. Draw the right knee closer to your chest and extend the left leg out straight and as low as possible. Inhale, bend the left knee back towards the chest and swap the hands onto the left leg so that the left hand is on the outside of the right shin and the right hand is on the left knee. Exhale, extend the right leg out straight and as low as possible without the back arching. Inhale bring the leg back in and swap sides. Continue to alternate sides.

Technique Tip:

Only extend the leg so low that the back doesn't arch!



Ab Exercise #2: Hundreds

1 minute

Lying on the back with the hands around the knees. Inhale, T-Zone. Exhale, curl the rib to the hips, lifting the head and shoulders extending both legs up straight towards the ceiling and reaching the hands down past the hips. Hold this position and pulse the arms up and down. Inhale for 5 pulses and exhale for 5 pulses. Continue pulsing the arms up and down, curling up higher and keeping the eyes on the knees.

Modification:

If you experience any neck pain with the abdominal exercises, try placing a cushion behind your head so there is less of a distance to raise the head. Alternatively, keep the head down on the cushion while performing the exercise.

Technique Tip:

Keep the arms really straight. The magic in this exercise is keeping the curl up as you beat the hands!



WORKOUT #1

Ab Exercise #3: Criss Cross

1 minute

Lying on the back, take the legs into a 90 degree position with the knees bent. Hands behind the head with the elbows wide.

Inhale, engage the T-Zone and imprint the spine. Exhale, curl the ribs to the hips, lifting the head and shoulders and draw one ribcage towards the opposite hip bone (rotating the body to one side) as you curl up and extend the opposite leg out straight. Eyes look to the side of the bent knee. Inhale return the knees to the 90 degree angle. Exhale rotate the other way and extend the opposite leg straight. Keep alternating sides.

Technique Tip:

Rather than trying to bring your elbow to your bent knee, focus on drawing your ribcage across the body towards your opposite hip



Arm Exercise #1: Plank

1 minute

Start in a plank position, with the hands directly under the shoulders, legs hip distance apart. Body in one long line with a neutral spine. Shoulder blades set down and back, no sagging through the spine. Chin tucked in and eyes on the floor.

Inhale, draw the T-Zone in. Exhale, think of drawing the ribs towards the hips. Hold the position, inhaling and exhaling for 1 minute.

Modifications

Easier: On elbows and/or knees.
Harder: On hands and/or knees.



WORKOUT #1

Arm Exercise #2: Pilates Push Ups

1 minute

Start in a plank position either on hands and knees or hands and feet. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart. Inhale, activate the T-Zone. Exhale, hold yourself in the push up position. Inhale in 3 stages as you bend the elbows and lower the body down, down, down. Exhale, press back up straightening the elbows in one continuous breath.



Technique Tip:

Keep the eyes on the knees (rather than the stomach) so the neck stays long and relaxed!

Modification:

This exercise can be performed on the hands and toes to make harder or on the hands and knees to make easier.



Arm Exercise #3: Flight

1 minute

Lying on your stomach with the forehead on the floor. Arms beside the body with the palms facing down. Slide the shoulder blades down and back and lift the arms off the floor.



Inhale, activate the T-Zone and rotate the arms, turning the palms up to the ceiling then down to the floor. Exhale, continue rotating the palms, keeping the hands up off the floor. Continue rotating the palms to the ceiling then the floor for the duration of the exercise.

Technique Tip:

Keep the legs down on the ground and really focus on reaching through the fingers.

WORKOUT #1

Legs & Butt Exercise #1: Hinge

1 minute

Kneeling with the knees hip distance apart, arms stretched out in front at shoulder height. Neutral spine and shoulders down and back. Inhale, activate the T-Zone and lean the whole body backwards in one line like a falling tree, as you hinge from the knees. Exhale, return back to vertical.

Technique Tip:

Keep the body in one straight line. Don't arch through the body or the lower back at all. The buttocks lower towards the heels as the body leans back.



Legs & Butt Exercise #2: Squats

1 minute

Standing with the feet hip distance apart, toes facing forward. Maintain an arch under the feet and keep the spine in neutral.

Inhale, activate the T-Zone and squat down, bending the knees down to 90 degrees and raise the arms out in front to shoulder height. Exhale, stand back up and lower the arms.

Technique Tip:

Squat nice and deep. Aim to get the thighs parallel with the floor. Keep your neutral spine and maintain the natural arch in your back.



WORKOUT #1

Legs & Butt Exercise #3: Pelvic Curl 3

1 minute

Lying on your back, knees bent and feet hip distance apart. Arms resting by the side, shoulders relaxed.

Inhale, T-Zone and squeeze the buttocks. Exhale, tuck the bottom under and roll the pelvis and spine up off the mat one vertebrae at a time starting with the tailbone, then lowering up onto the shoulders. Neutral spine.

Inhale, hold the hips high, squeezing the buttocks. Exhale, lift one foot and extend the leg up towards the ceiling, squeezing the buttocks and keeping the hips up and level. Inhale return the foot to the floor. Alternate extending legs up towards the ceiling. At the end of 1 minute, roll the spine back down, one vertebrae at a time.



Technique Tip

Ensure there is no arching through your lower back at all and no pain/work. There should be a scoop through the body with the pubic bone high and the rest of the body lower.



1 minute rest before repeating the circuit.
Complete the circuit a total of 4 times (40 minutes)

WORKOUT #2

Ab Exercise #1: Hundreds Preparation

1 minute

Lying on the back with the legs in a 90 degree position, knees squeezed together. Take the arms straight up towards the ceiling with the shoulder blades down and back. Spine imprinted.

Inhale, T-Zone. Exhale, curl the ribs to the hips, lifting the head and shoulders, sweep the hands down by the hips and simultaneously extend the legs straight up towards the ceiling. Inhale, return the head and shoulders to the floor, arms to the ceiling and legs back at the 90 degree angle.

Modification:

Strap on an ankle weight to make this more challenging!



Ab Exercise #2: Scissors

1 minute

Lying on the back with the legs at a 90 degree angle, knees together. Hands around the knees, spine imprinted. Inhale, T-Zone. Exhale, curl the ribs to the hips, lifting the head and shoulders and reach the hands down past the hips, extending the legs straight up towards the ceiling. Hold this position and start scissoring the legs, lowering one leg down towards the floor before returning to initial position and then alternating legs. Exhale as you lower the leg down, inhale to return the leg.

Technique Tip

Only take the leg as low as you can keep your T-Zone flat. If that means you don't take the leg as low towards the floor then this is okay!



WORKOUT #2

Ab Exercise #3: Double Leg Lowerers

1 minute

Lying on the back with the legs in tabletop position, knees together. Hands around the knees and spine imprinted.

Inhale, engage the T-Zone. Exhale, curl the ribs to the hips, lifting the head and shoulders, reach the hands down past the hips and extend the legs up towards the ceiling. Legs turned out, heels squeezed together with the feet flexed. Inhale flatten the stomach. Exhale, lower the legs down towards the floor. Inhale, return the legs back to vertical. Continue lowering and lifting the legs.



Modification:

Only take the legs so low that the back doesn't arch!

Only take the legs so high that the tailbone doesn't lift up!



Arm Exercise #1: Freestyle

1 minute

Lying on the stomach with the arms overhead (slightly wider than shoulder width apart), palms down and legs extended straight with the toes pointed. Glide the shoulder blades down and back and raise the upper body, lifting the arms just up off the floor. Squeeze the buttocks and raise the legs just up off the floor, keeping them straight. Inhale, T-Zone. Raise and lower the opposite arm and leg for five beats. Exhale for 5 beats. Keep alternating sides.



Technique Tip

Imagine keeping a tiny gap between the T-Zone and the mat to make sure you don't arch too much through the lower back.

WORKOUT #2

Arm Exercise #2: Pilates Push Ups

1 minute

Start in a plank position either on hands and knees or hands and feet. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart. Inhale, activate the T-Zone. Exhale, hold yourself in the push up position. Inhale in 3 stages as you bend the elbows and lower the body down, down, down. Exhale, press back up straightening the elbows in one continuous breath.

Technique Tip:

This exercise can be performed on the hands and toes to make harder or on the hands and knees to make easier



Arm Exercise #3: Plank

1 minute

Start in a plank position, with the hands directly under the shoulders, legs hip distance apart. Body in one long line with a neutral spine. Shoulder blades set down and back, no sagging through the spine. Chin tucked in and eyes on the floor.

Inhale, draw the T-Zone in. Exhale, think of drawing the ribs towards the hips. Hold the position, inhaling and exhaling for 1 minute.

Modifications

Easier: On elbows and/or knees.
Harder: On hands and/or knees.



WORKOUT #2

Legs & Butt Exercise #1: Grasshopper

1 minute

Lying on the stomach with the palms of the hands on the floor (underneath the forehead), legs extended straight with the legs slightly apart and turned out.

Inhale, T-Zone engaged and lifted slightly off the floor. Squeeze the buttocks and raise the legs up off the floor, keeping them straight. Exhale, bend the knees crossing the ankles whilst keeping the thighs up off the floor. Inhale straightening the legs, keeping them high. Exhale cross the ankles again, this time swapping which leg is on top and maintaining the height of the legs. Inhale, and straighten fully again. Continue alternating between straightening and crossing the legs.



Technique Tip

Imagine keeping a tiny gap between the T-Zone and the mat to make sure you don't arch too much through the lower back.

Legs & Butt Exercise #2: Kneeling Sidekick (1st side)

1 minute

Kneeling on both knees, place one hand on the ground next to your right knee. Extend the left leg out straight so that the hand, head, hips and legs are all in one straight line. Place your other hand on the head with the elbow pointing towards the ceiling. Neutral spine.

Inhale, T-Zone. Exhale, raise the straight leg to hip level. Inhale lower the leg back down, but don't touch the floor. Repeat the movement, lowering and raising the straight leg.

Technique Tip

Keep the leg that you're lifting nice and straight.
Add an ankle weight for more of a challenge.
Place the top hand on the head for easier balance.



WORKOUT #2

Legs & Butt Exercise #3: Kneeling Sidekick (2nd side)

1 minute

Kneeling on both knees, place one hand on the ground next to your right knee. Extend the left leg out straight so that the hand, head, hips and legs are all in one straight line. Place your other hand on the head with the elbow pointing towards the ceiling. Neutral spine.

Inhale, T-Zone. Exhale, raise the straight leg to hip level. Inhale lower the leg back down, but don't touch the floor. Repeat the movement, lowering and raising the straight leg.

Technique Tip

Keep the leg that you're lifting nice and straight.
Add an ankle weight for more of a challenge.
Place the top hand on the head for easier balance.



1 minute rest before repeating the circuit.
Complete the circuit a total of 4 times (40 minutes)



WORKOUT #3

Ab Exercise #1: Criss Cross

1 minute

Lying on the back, take the legs into a 90 degree position with the knees bent. Hands behind the head with the elbows wide.

Inhale, engage the T-Zone and imprint the spine. Exhale, curl the ribs to the hips, lifting the head and shoulders and draw one ribcage towards the opposite hip bone (rotating the body to one side) as you curl up and extend the opposite leg out straight. Eyes look to the side of the bent knee. Inhale return the knees to the 90 degree angle. Exhale rotate the other way and extend the opposite leg straight. Keep alternating sides.

Technique Tip:

Rather than trying to bring your elbow to your bent knee, focus on drawing your ribcage across the body towards your opposite hip.



Ab Exercise #2: Hundreds Preparation

1 minute

Lying on the back with the legs in a 90 degree position, knees squeezed together. Take the arms straight up towards the ceiling with the shoulder blades down and back. Spine imprinted.

Inhale, T-Zone. Exhale, curl the ribs to the hips, lifting the head and shoulders, sweep the hands down by the hips and simultaneously extend the legs straight up towards the ceiling. Inhale, return the head and shoulders to the floor, arms to the ceiling and legs back at the 90 degree angle.

Modification:

Strap on an ankle weight to make this more challenging!



WORKOUT #3

Ab Exercise #3: Hundreds

1 minute

Lying on the back with the hands around the knees. Inhale, T-Zone. Exhale, curl the rib to the hips, lifting the head and shoulders extending both legs up straight towards the ceiling and reaching the hands down past the hips. Hold this position and pulse the arms up and down. Inhale for 5 pulses and exhale for 5 pulses. Continue pulsing the arms up and down, curling up higher and keeping the eyes on the knees.



Modification:

If you experience any neck pain with the abdominal exercises, try placing a cushion behind your head so there is less of a distance to raise the head. Alternatively, keep the head down on the cushion while performing the exercise.

Technique Tip:

Keep the arms really straight. The magic in this exercise is keeping the curl up as you beat the hands!

Arm Exercise #1: Tricep Push Ups

1 minute

Start in a plank position either on hands and knees. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart.

Inhale, activate the T-Zone, bend the elbows lowering the chest towards the ground and keeping the elbows tucked in close to the body. Exhale, straighten the elbows to press up keeping the elbows tucked in.



Technique Tip:

This exercise is all about keeping the elbows in close to the body and not letting them wing out to the side (your elbows should be facing your feet the whole time!)

Modification

Full tricep pushups on the feet is quite advanced. Try doing these on the knees instead.



WORKOUT #3

Arm Exercise #2: Pilates Push Ups

1 minute

Start in a plank position either on hands and knees or hands and feet. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart. Inhale, activate the T-Zone. Exhale, hold yourself in the push up position. Inhale in 3 stages as you bend the elbows and lower the body down, down, down. Exhale, press back up straightening the elbows in one continuous breath.



Technique Tip:

This exercise can be performed on the hands and toes to make harder or on the hands and knees to make easier

Arm Exercise #3: Freestyle

1 minute

Lying on the stomach with the arms overhead (slightly wider than shoulder width apart), palms down and legs extended straight with the toes pointed. Glide the shoulder blades down and back and raise the upper body, lifting the arms just up off the floor. Squeeze the buttocks and raise the legs just up off the floor, keeping them straight. Inhale, T-Zone. Raise and lower the opposite arm and leg for five beats. Exhale for 5 beats. Keep alternating sides.



Technique Tip

Imagine keeping a tiny gap between the T-Zone and the mat to make sure you don't arch too much through the lower back.

WORKOUT #3

Legs & Butt Exercise #1: Hinge

1 minute

Kneeling with the knees hip distance apart, arms stretched out in front at shoulder height. Neutral spine and shoulders down and back. Inhale, activate the T-Zone and lean the whole body backwards in one line like a falling tree, as you hinge from the knees. Exhale, return back to vertical.

Technique Tip:

Keep the body in one straight line. Don't arch through the body or the lower back at all. The buttocks lower towards the heels as the body leans back.



Legs & Butt Exercise #2: Inner Thigh Lift (2nd side)

1 minute

Lying on the side with the head on your bottom arm. Take the top leg and bend it, placing the foot in front of your body on the floor in front of you. Straighten your bottom leg in line with the body with the toes pointed.

Inhale, activate the T-Zone. Exhale, raise the bottom leg. Inhale, and lower the leg but don't rest it. Continue to lift and lower the bottom leg.

Technique Tip

Keep the leg that you're lifting super straight for maximum benefit. Don't let the knee bend when you raise the leg.



WORKOUT #3

Legs & Butt Exercise #3: Kneeling Sidekick (30 sec each side)

Kneeling on both knees, place one hand on the ground next to your right knee. Extend the left leg out straight so that the hand, head, hips and legs are all in one straight line. Place your other hand on the head with the elbow pointing towards the ceiling. Neutral spine.

Inhale, T-Zone. Exhale, raise the straight leg to hip level. Inhale lower the leg back down, but don't touch the floor. Repeat the movement, lowering and raising the straight leg.



1 minute rest before repeating the circuit. Complete the circuit a total of 4 times (40 minutes)

WORKOUT #4

Ab Exercise #1: Abdominal Curl

1 minute

Lying on the back with the legs in a 90 degree position, knees squeezed together. Take the hands behind the head to support the neck, elbows wide. Spine imprinted. Inhale, T-Zone. Exhale, slide the ribs to the hips, curling up the head and shoulders one vertebrae at a time, flattening and scooping the abdominals. Eyes on the knees. Inhale, slowly release back down keeping the T-Zone tight. Modification: To make this exercise harder, as you curl the body up, extend the legs straight up towards the ceiling.

Modification:

To make this exercise harder, as you curl the body up, extend the legs straight up towards the ceiling



Ab Exercise #2: Double Leg Lift (1st side)

1 minute

Lying on the side with the legs extended in line with the body. Bottom arm extended underneath the head. Top hand on the floor in front. Hips stacked vertical, one on top of the other. Legs squeezed together, toes pointed.

Inhale, engage the T-Zone muscles. Exhale, use the side of the waist to draw the top hip up towards the ribs, raising both legs up off the floor. Inhale lower back down. Continue curling up to the side, then lowering back down.

Technique Tip

Squeeze the muscles in the top side of the waist at the top of the movement



WORKOUT #4

Ab Exercise #3: Double Leg Lift (2nd side)

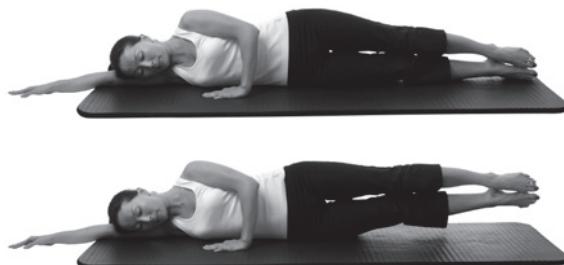
1 minute

Lying on the side with the legs extended in line with the body. Bottom arm extended underneath the head. Top hand on the floor in front. Hips stacked vertical, one on top of the other. Legs squeezed together, toes pointed.

Inhale, engage the T-Zone muscles. Exhale, use the side of the waist to draw the top hip up towards the ribs, raising both legs up off the floor. Inhale lower back down. Continue curling up to the side, then lowering back down.

Technique Tip

Squeeze the muscles in the top side of the waist at the top of the movement



Arm Exercise #1: Freestyle

1 minute

Lying on the stomach with the arms overhead (slightly wider than shoulder width apart), palms down and legs extended straight with the toes pointed. Glide the shoulder blades down and back and raise the upper body, lifting the arms just up off the floor. Squeeze the buttocks and raise the legs just up off the floor, keeping them straight. Inhale, T-Zone. Raise and lower the opposite arm and leg for five beats. Exhale for 5 beats. Keep alternating sides.

Technique Tip

Imagine keeping a tiny gap between the T-Zone and the mat to make sure you don't arch too much through the lower back.



WORKOUT #4

Arm Exercise #2: Plank

1 minute

Start in a plank position, with the hands directly under the shoulders, legs hip distance apart. Body in one long line with a neutral spine. Shoulder blades set down and back, no sagging through the spine. Chin tucked in and eyes on the floor.

Inhale, draw the T-Zone in. Exhale, think of drawing the ribs towards the hips. Hold the position, inhaling and exhaling for 1 minute.



Modifications

Easier: On elbows and/or knees.
Harder: On hands and/or knees.

Arm Exercise #3: Pilates Push Ups

1 minute

Start in a plank position either on hands and knees or hands and feet. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart. Inhale, activate the T-Zone. Exhale, hold yourself in the push up position. Inhale in 3 stages as you bend the elbows and lower the body down, down, down. Exhale, press back up straightening the elbows in one continuous breath.



Technique Tip:

This exercise can be performed on the hands and toes to make harder or on the hands and knees to make easier



WORKOUT #4

Legs & Butt Exercise #1: Straight leg raise (1st side)

1 minute

Lying on the side with the underneath leg bent, rest the head on your bottom arm. Straighten the top leg and take it out in front of the body and turn the straight leg inwards from the hip. Create a small space between your waist and the floor with a neutral spine. Inhale, engage the T-Zone. Exhale, Raise the top leg up. Inhale, lower the leg without touching the floor. Continue to lift and lower the top leg for 30 seconds, then swap sides.



Technique Tip

Keep the foot turned inwards for maximum work and benefits. This makes the buttock work much harder

Modification

Strap on an ankle weight and take this one to the next level

Legs & Butt Exercise #2: Straight leg raise (2nd side)

1 minute

Lying on the side with the underneath leg bent, rest the head on your bottom arm. Straighten the top leg and take it out in front of the body and turn the straight leg inwards from the hip. Create a small space between your waist and the floor with a neutral spine. Inhale, engage the T-Zone. Exhale, Raise the top leg up. Inhale, lower the leg without touching the floor. Continue to lift and lower the top leg for 30 seconds, then swap sides.



Technique Tip

Keep the foot turned inwards for maximum work and benefits. This makes the buttock work much harder

Modification

Strap on an ankle weight and take this one to the next level

WORKOUT #4

Legs & Butt Exercise #3: Squats

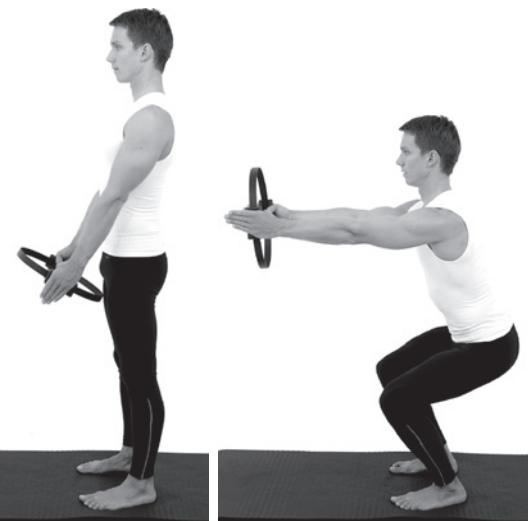
1 minute

Standing with the feet hip distance apart, toes facing forward. Maintain an arch under the feet and keep the spine in neutral.

Inhale, activate the T-Zone and squat down, bending the knees down to 90 degrees and raise the arms out in front to shoulder height. Exhale, stand back up and lower the arms.

Technique Tip:

Squat nice and deep. Aim to get the thighs parallel with the floor. Keep your neutral spine and maintain the natural arch in your back.



1 minute rest before repeating the circuit.
Complete the circuit a total of 4 times (40 minutes)



WORKOUT #5

Ab Exercise #1: Beats

1 minute

Lying on the back with the legs in a 90 degree position, knees squeezed together. Hands around the knees. Spine imprinted. Inhale, T-Zone. Exhale, curl the ribs to the hips, lifting the head and shoulders, sweep the hands down to the hips, extending the legs up towards the ceiling, legs turned out, heels together and feet flexed. Inhale, flatten the stomach and open the legs slightly. Exhale with 3 "huffs" as you beat the heels together 3 times. Inhale, bend the knees to 90 degrees, hands around the knees, head and shoulders back down to the start position.

Technique Tip

Concentrate on the T-Zone. Don't let the leg movements distract you from what you should be focussed on.



Ab Exercise #3: Double Leg Lowers

1 minute

Lying on the back with the legs in tabletop position, knees together. Hands around the knees and spine imprinted.

Inhale, engage the T-Zone. Exhale, curl the ribs to the hips, lifting the head and shoulders, reach the hands down past the hips and extend the legs up towards the ceiling. Legs turned out, heels squeezed together with the feet flexed. Inhale flatten the stomach. Exhale, lower the legs down towards the floor. Inhale, return the legs back to vertical. Continue lowering and lifting the legs.

Modification:

Only take the legs so low that the back doesn't arch!
Only take the legs so high that the tailbone doesn't lift up!



WORKOUT #5

Ab Exercise #3: Controls Front

1 minute

On the hands and feet in a plank position, arms straight and hands directly under the shoulders. Body in one straight line with abdominals tight. Shoulder blades down and back with the chin tucked. Inhale, T-Zone and scoop the abdominals tight. Exhale lift one leg off the ground and pause. Inhale, lower the leg. Exhale lift the other leg off the floor. Inhale, lower the leg. Continue alternating each leg.



Technique Tip

Make sure there is no dipping or sagging through the lower back. Really focus on tightening the T-Zone when lifting the leg to prevent any pain/dipping through the lower back.



Arm Exercise #1: Pilates Push Ups

1 minute

Start in a plank position either on hands and knees or hands and feet. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart. Inhale, activate the T-Zone. Exhale, hold yourself in the push up position. Inhale in 3 stages as you bend the elbows and lower the body down, down, down. Exhale, press back up straightening the elbows in one continuous breath.



Technique Tip:

Keep the eyes on the knees (rather than the stomach) so the neck stays long and relaxed!

Modification:

This exercise can be performed on the hands and toes to make harder or on the hands and knees to make easier.



WORKOUT #5

Arm Exercise #2: Tricep Push Ups

1 minute

Start in a plank position either on hands and knees. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart.

Inhale, activate the T-Zone, bend the elbows lowering the chest towards the ground and keeping the elbows tucked in close to the body. Exhale, straighten the elbows to press up keeping the elbows tucked in.

Technique Tip:

This exercise is all about keeping the elbows in close to the body and not letting them wing out to the side (your elbows should be facing your feet the whole time!)

Modification

Full tricep pushups on the feet is quite advanced. Try doing these on the knees instead.



Arm Exercise #3: Flight

1 minute

Lying on your stomach with the forehead on the floor. Arms beside the body with the palms facing down. Slide the shoulder blades down and back and lift the arms off the floor.

Inhale, activate the T-Zone and rotate the arms, turning the palms up to the ceiling then down to the floor. Exhale, continue rotating the palms, keeping the hands up off the floor. Continue rotating the palms to the ceiling then the floor for the duration of the exercise.

Technique Tip:

Keep the legs down on the ground and really focus on reaching through the fingers.



WORKOUT #5

Legs & Butt Exercise #1: Bicycles (1st side)

1 minute

Lying on the side with the underneath leg bent, rest the head on your bottom arm. Straighten the top leg and take it out in line with the body. Create a small space between your waist and the floor with a neutral spine.

Inhale, engage the T-Zone and bend the knee up towards the chest. Exhale, straighten the top leg out in front of the body, flex the foot and sweep it back in line with the torso (like a bicycle movement). Continue to bicycle the top leg for 30 seconds, then swap sides.

Technique Tip

When the knee bends up towards the chest, keep it high and don't let it drop down towards the ground at all.

Modification

Add an ankle weight to boost the intensity



Legs & Butt Exercise #2: Bicycles (2nd side)

1 minute

Lying on the side with the underneath leg bent, rest the head on your bottom arm. Straighten the top leg and take it out in line with the body. Create a small space between your waist and the floor with a neutral spine.

Inhale, engage the T-Zone and bend the knee up towards the chest. Exhale, straighten the top leg out in front of the body, flex the foot and sweep it back in line with the torso (like a bicycle movement). Continue to bicycle the top leg for 30 seconds, then swap sides.

Technique Tip

When the knee bends up towards the chest, keep it high and don't let it drop down towards the ground at all.

Modification

Add an ankle weight to boost the intensity



WORKOUT #5

Legs & Butt Exercise #3: Pelvic Curl 3

1 minute

Lying on your back, knees bent and feet hip distance apart. Arms resting by the side, shoulders relaxed.

Inhale, T-Zone and squeeze the buttocks. Exhale, tuck the bottom under and roll the pelvis and spine up off the mat one vertebrae at a time starting with the tailbone, then lowering up onto the shoulders. Neutral spine.

Inhale, hold the hips high, squeezing the buttocks. Exhale, lift one foot and extend the leg up towards the ceiling, squeezing the buttocks and keeping the hips up and level. Inhale return the foot to the floor. Alternate extending legs up towards the ceiling. At the end of 1 minute, roll the spine back down, one vertebrae at a time



Technique Tip

Ensure there is no arching through your lower back at all and no pain/work. There should be a scoop through the body with the pubic bone high and the rest of the body lower.

1 minute rest before repeating the circuit.
Complete the circuit a total of 4 times (40 minutes)



WORKOUT #6

Ab Exercise #1: Criss Cross

1 minute

Lying on the back, take the legs into a 90 degree position with the knees bent. Hands behind the head with the elbows wide.

Inhale, engage the T-Zone and imprint the spine. Exhale, curl the ribs to the hips, lifting the head and shoulders and draw one ribcage towards the opposite hip bone (rotating the body to one side) as you curl up and extend the opposite leg out straight. Eyes look to the side of the bent knee. Inhale return the knees to the 90 degree angle. Exhale rotate the other way and extend the opposite leg straight. Keep alternating sides.

Technique Tip:

Rather than trying to bring your elbow to your bent knee, focus on drawing your ribcage across the body towards your opposite hip.



Ab Exercise #2: Scissors

Lying on the back with the legs at a 90 degree angle, knees together. Hands around the knees, spine imprinted. Inhale, T-Zone. Exhale, curl the ribs to the hips, lifting the head and shoulders and reach the hands down past the hips, extending the legs straight up towards the ceiling. Hold this position and start scissoring the legs, lowering one leg down towards the floor before returning to initial position and then alternating legs. Exhale as you lower the leg down, inhale to return the leg.

Technique Tip

Only take the leg as low as you can keep your T-Zone flat. If that means you don't take the leg as low towards the floor then this is okay!



WORKOUT #6

Ab Exercise #3: Controls Front

1 minute

On the hands and feet in a plank position, arms straight and hands directly under the shoulders. Body in one straight line with abdominals tight. Shoulder blades down and back with the chin tucked. Inhale, T-Zone and scoop the abdominals tight. Exhale lift one leg off the ground and pause. Inhale, lower the leg. Exhale lift the other leg off the floor. Inhale, lower the leg. Continue alternating each leg.



Technique Tip

Make sure there is no dipping or sagging through the lower back. Really focus on tightening the T-Zone when lifting the leg to prevent any pain/dipping through the lower back.



Arm Exercise #1: Plank

1 minute

Start in a plank position, with the hands directly under the shoulders, legs hip distance apart. Body in one long line with a neutral spine. Shoulder blades set down and back, no sagging through the spine. Chin tucked in and eyes on the floor.

Inhale, draw the T-Zone in. Exhale, think of drawing the ribs towards the hips. Hold the position, inhaling and exhaling for 1 minute.



Modifications

Easier: On elbows and/or knees.
Harder: On hands and/or knees.

WORKOUT #6

Arm Exercise #2: Tricep Push Ups

1 minute

Start in a plank position either on hands and knees. Body in one long line with a neutral spine. Set the shoulder blades down and back with the hands slightly wider than shoulder width apart.

Inhale, activate the T-Zone, bend the elbows lowering the chest towards the ground and keeping the elbows tucked in close to the body. Exhale, straighten the elbows to press up keeping the elbows tucked in.

Technique Tip:

This exercise is all about keeping the elbows in close to the body and not letting them wing out to the side (your elbows should be facing your feet the whole time!)

Modification

Full tricep pushups on the feet is quite advanced. Try doing these on the knees instead.



Arm Exercise #3: Freestyle

1 minute

Lying on the stomach with the arms overhead (slightly wider than shoulder width apart), palms down and legs extended straight with the toes pointed. Glide the shoulder blades down and back and raise the upper body, lifting the arms just up off the floor. Squeeze the buttocks and raise the legs just up off the floor, keeping them straight. Inhale, T-Zone. Raise and lower the opposite arm and leg for five beats. Exhale for 5 beats. Keep alternating sides.



Technique Tip

Imagine keeping a tiny gap between the T-Zone and the mat to make sure you don't arch too much through the lower back.

WORKOUT #6

Legs & Butt Exercise #1: Hinge

1 minute

Kneeling with the knees hip distance apart, arms stretched out in front at shoulder height. Neutral spine and shoulders down and back. Inhale, activate the T-Zone and lean the whole body backwards in one line like a falling tree, as you hinge from the knees. Exhale, return back to vertical.

Technique Tip:

Keep the body in one straight line. Don't arch through the body or the lower back at all. The buttocks lower towards the heels as the body leans back.



Legs & Butt Exercise #2: Kneeling Sidekick (1st side)

1 minute

Kneeling on both knees, place one hand on the ground next to your right knee. Extend the left leg out straight so that the hand, head, hips and legs are all in one straight line. Place your other hand on the head with the elbow pointing towards the ceiling. Neutral spine.

Inhale, T-Zone. Exhale, raise the straight leg to hip level. Inhale lower the leg back down, but don't touch the floor. Repeat the movement, lowering and raising the straight leg.

Technique Tip:

Keep the leg that you're lifting nice and straight.
Add an ankle weight for more of a challenge.
Place the top hand on the head for easier balance.



WORKOUT #6

Legs & Butt Exercise #3: Kneeling Sidekick (2nd side)

1 minute

Kneeling on both knees, place one hand on the ground next to your right knee. Extend the left leg out straight so that the hand, head, hips and legs are all in one straight line. Place your other hand on the head with the elbow pointing towards the ceiling. Neutral spine.

Inhale, T-Zone. Exhale, raise the straight leg to hip level. Inhale lower the leg back down, but don't touch the floor. Repeat the movement, lowering and raising the straight leg.

Technique Tip

Keep the leg that you're lifting nice and straight.
Add an ankle weight for more of a challenge.
Place the top hand on the head for easier balance.



1 minute rest before repeating the circuit.
Complete the circuit a total of 4 times (40 minutes)



STRETCHING GUIDE

STUDIO PILATES® HOME STRETCHING GUIDE

We've included a series of stretches that you can do at home that will help you to increase your flexibility. We recommend doing these stretches regularly at home during your Thirty Day Challenge and on an ongoing basis as part of your regular training routine.

Stay on track with your training with this simple home stretching routine. Stretch tips:

- Hold each stretch/side for sixty seconds
- Breathe deeply and fully exhale to feel the muscles stretch further
- Always just hold a stretch, never bounce it
- If it still feels tight after 1 minute, hold it for longer or do it again

Stretch #1: Hip Flexor Stretch

Kneeling on a mat, place one foot out in front. Keeping the hip bones parallel with the floor and pelvis square to the front. Tuck the bottom under and the pubic bone towards the belly button and you should feel a stretch in the front of the hip and thigh.

Breathe deeply and with each breath out, tuck a little harder to increase the stretch. Hold for 5-10 breaths, then swap sides. To increase the stretch, you can lunge the body forwards slightly over the front leg, but make sure that you maintain the tuck of the pelvis.



Modification

Place the foot up on an object for a more intense stretch. Ensure that you have plenty of cushioning under the knee so that this position is comfortable.



Stretch #2: Hamstring Stretch

Lying on the back with the knees bent, feet hip distance apart with a neutral spine. Place the hands behind one knee, shin or ankle and draw the leg straight up towards the ceiling as far as possible while maintaining a neutral spine.

Breathing deeply and with each exhalation, try to stretch a little further. Hold for 5-10 breaths, then swap sides. Concentrate on keeping the tailbone down and a neutral spine. Keep the shoulders relaxed down and back.



Modification

Place the free leg out along the floor for a more intense stretch.



Stretch #3: Glute Stretch 1

Lying on the back with the knees bent. Cross the left ankle over the right knee, then place the left hand through the gap in the legs and the right hand around the outside of the right leg to hold behind the right thigh. Draw the right knee up towards the chest. Gently press the left elbow into the left inner thigh to keep the left knee wide. Focus on pressing the tailbone into the floor and make sure that the hips are square, head relaxed on the floor. You should feel a stretch in the left buttock. Hold for 5-10 deep breaths and with each exhale, stretch a little more. Then change sides.



Stretch #4: Glute Stretch 2

Kneel on the hands and knees. Draw the right knee forward and take the right foot towards the left hand. Place the shin as horizontal as possible on the floor underneath the body. Slide the left leg back straight behind you and lean the body forward over the right knee, resting on the hands or the elbows if possible. Hold for 5-10 breaths and with each exhalation, stretch further. Swap sides.



Stretch #5 Chest Stretch

Standing in a doorway or next to a pole or wall. Place the left elbow against the doorway edge/wall/pole at shoulder height with the elbow bent to 90 degrees so that the forearm sits up along the doorway edge. Step forwards and rotate the body to the right to stretch the chest muscles.

Hold for 5-10 breaths then swap sides. Lean through the doorway or step through and turn the shoulders away from the wall to feel the stretch.



Stretch #6: Spiral Stretch

Sitting with one leg extended straight out to the side, the other leg bent so that the foot sits next to the left knee. Even weight through both sit bones, neutral spine. Take the arms up to the ceiling and rotate the body to face the bent knee and then maintain the rotation as you reach both arms towards the straight leg. Feel it stretch down through the side of the torso and the lower back.

Breathe deeply for 5-10 breaths reaching further and rotating further with each breath out. Then sit back up and swap sides.



Stretch #7: Arm Chair Stretch

Sitting with the knees bent, knees together. Hold on to the wrists behind the thighs. Lean back, separating the chest from thighs, rounding the back, imagining you are drawing the spine towards the wall behind you, separating the shoulder blades and relaxing the shoulders away from the ears. Relaxed breathing throughout, stretching a little further with each breath out. Hold for 5-10 breaths.





OUR MISSION IS TO FLATTEN THE
ABS AND SCULPT THE BODY OF ALL
WHO PASS THROUGH OUR DOORS

Studio Pilates® works by using the resistance of the Pilates reformer to help you to increase your muscle tone and your lean muscle mass. This in turn boosts your metabolism and increases your body's ability to burn fat when you're at rest, at work or when working out, giving you the most effective calorie burning workout that has ever been experienced.

THIRTY DAY CHALLENGE

10
DAYS

you'll feel the
difference

20
DAYS

you'll see the
difference

30
DAYS

you'll have a
whole new body.

JOIN OUR COMMUNITY
connect • discover • aspire



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international