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Week One

Day One

Today is the 1st day of the 4-week Body@Home Challenge. The workout comes in 2 parts.

Part 1 - 5 minutes warm-up - jumping jacks, high knees, running on the spot
Part 2 - Circuit

Workout: Perform each exercise with control for 30 seconds each. Rest is about 10 seconds between each exercise.
Repeat circuit 3 times

1. Front Support Plank

Target Area: Back Extensors, Abdominals, Shoulders, Arms

Stay in one line from your heels to your ears. Though the focus is somewhat on the upper body, if you engage the legs and imagine squeezing the gluteals together, the exercise will be easier.

2. One Leg Circles

Target Area: Abdominals, Thighs, Hip Flexors

The abdominals keep the pelvis stable as the leg moves. No rocking and rolling! Be sure to use your full range of motion without losing control.

3. Side Kicks

Target Area: Abdominals, all thigh muscles—especially inner thigh

Work the torso as well as the legs. The ribs should stay supported throughout each repetition. Do not let them sink to the mat.

4. **Saw**

Target Area: Hamstrings, Inner thigh, Obliques, Back Mobility

Keep your hips anchored and level as you twist to the side. Use opposition when reaching forward so that you also reach back at the same time.

5. **Ab Scoop**

Target Area: Abdominals—especially the six-pack or Rectus Abdominis.

This is not a crunch. The abdominals must be pulled way down into a deep scoop as you use them to control a slow, smooth curl up and roll down.

Precision in this type of scoop is one of the secrets of Pilates.

6. **The Hundred**

Target Area: Abdominals, Breathing

Your abdominals will be deeply pulled in, so you will have to use your full lung capacity by breathing into your back and lower ribs. Use your abs to hold yourself up—don't let your neck and shoulders do all the work.