

PORTABLE PILATES WORKOUT GUIDE

DX-1045N

WARNINGS & GUIDELINES Carefully read and follow these important warnings and guidelines prior to exercising. These warnings, combined with a common sense approach to a fitness program designed in conjunction with your doctor, should reduce the likelihood of injury and increase your chances of success. Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper use of this product is essential. Please keep all children away from the equipment during use and when equipment is unattended. Always wear appropriate clothing when exercising. Periodic maintenance is required on all exercise equipment in order to keep it in good condition. Inspect equipment for cuts, tears or abrasions prior to each use. Maintain proper form and perform all exercises in a slow, controlled manner. Elbows, knees and shoulders should be unlocked and relaxed. Injury may result if proper form is not used for each exercise. Consult a certified personal trainer if unsure of how to perform any exercise. You should gradually increase the difficulty of your fitness routine, especially if you were not following a fitness regime prior to using this equipment. If you find that you are unable to complete a set of repetitions without feeling overly fatigued or without maintaining proper form, reduce the difficulty of your regimen. **WARNING: This equipment is for home use only. Do not use in commercial applications. Failure to follow this warning could result in death or serious injury.**

V SIT

CORE, SHOULDERS, UPPER BACK

- Sit tall with straps crossed, right strap on left foot and left strap on right foot. Turn legs out from the hips and extend them forward on the mat, heels touching and toes pointed.
- Hold bar overhead and slightly forward with arms straight and palms about shoulder-width apart and facing forward.
- Contract your abs and slowly lean back, lifting your legs off the mat, until you're in a V position. Hold for up to 3 seconds.
- Slowly lower legs to the mat and sit up straight and repeat.
- Do 6–10 reps.



SINGLE LEG DROP

ABS, BUTT, SHOULDERS, UPPER BACK

- Lie faceup with feet in the straps. Hold bar behind head with arms straight and hands slightly wider than shoulders, palms facing up; press your shoulder blades into the mat.
- Extend legs straight up over hips.
- Slowly lower right leg toward the floor, keeping your abs tight and your pelvis stable. Only lower to the point where your back is still pressed against the mat. If your back arches up, you've lowered too far.
- Slowly raise right leg up to the starting position and switch legs to complete 1 rep.
- If this is too challenging at first, start with your knees bent 90 degrees, and instead of straightening leg, lower bent leg and tap toes to the floor. You can decrease the resistance by bringing your arms over your chest.
- Do 6–10 reps.



LEG CIRCLE

BUTT, ABS

- Place straps on feet and lie on your right side with legs stacked, toes pointed.
- Support yourself on your right elbow and forearm and hold bar vertically in front of chest, one end on the floor.
- Slowly raise left leg a few inches and draw a forward circle with your foot, keeping your hips and shoulders squared forward and your pelvis stable.
- Do 6–8 circles then reverse the motion and draw 6–8 backward circles. Start with small circles and as you gain stability increase the size of the circle. Switch legs (turn over onto your left side) and repeat.



DOUBLE-LEG PULL

ABS, SHOULDERS, UPPER BACK

- Lie faceup with feet in the straps. Hold bar behind head with arms straight and slightly wider than shoulders, palms facing up; press your shoulder blades into the mat.
- Extend legs straight up over hips.
- Contract your abs and inner thighs as you raise your hips and lower back several inches off mat and angle legs back over head and chest.
- Slowly lower your hips to the mat one vertebrae at a time, then repeat.
- To decrease the resistance, bring the bar closer to your legs. Focus on your form, at first, rather than how high you can lift your hips. You'll be able to lift higher as you get stronger.
- Do 8–12 reps.



BRIDGE

BUTT, SHOULDERS, UPPER BACK

- Place feet in straps and lie faceup with knees bent, feet together on mat. Hold the bar over chest with hands shoulder-width apart, palms facing forward.
- Lift your hips, contracting your glutes and hamstrings, as you lower the bar behind your head. Raise hips until body is straight from shoulders to knees, then hold for 5–10 seconds.
- Slowly lower hips to the mat and bring bar over chest again.
- To decrease the resistance, don't lower the bar so far behind you.
- Do 8–12 reps.



SCISSOR

INNER/OUTER THIGHS, SHOULDERS, UPPER BACK

- Lie faceup with straps crossed, right strap on left foot and left strap on right foot, toes pointed. Extend legs straight over hips.
- Hold bar behind head with arms straight and hands about shoulder-width apart, palms facing up.
- Slowly lower legs out to sides. Pause for 1 second when you feel a stretch in your inner thighs.
- Slowly bring legs back together; it should feel like you're moving your legs through water. Keep the movement slow and controlled, do not bounce. To decrease the resistance, hold the bar over your chest.
- Do 8–12 reps.



HEEL TAP

BUTT, BACK, SHOULDERS

- Lie face down with feet in the straps, leg straight. Turn legs out from the hips, heels touching and toes pointed.
- Extend arms forward, hands wide and palms facing down. Draw your abs in to protect your lower back and rest your forehead on the mat.
- Contract your glutes and lift your legs a few inches. Slowly draw your legs out to the sides.
- Slowly bring your heels back together and repeat. Keep your legs off the floor throughout the move; be careful not to overarch your back. If you experience discomfort in your lower back, lower your legs slightly.
- To decrease the resistance, hold the bar at chest level with your upper body resting on your forearms.
- Do 10–12 reps.



CHEST PULLOVER

CHEST, BACK, SHOULDERS

- Place straps on feet and lie faceup with knees bent, feet flat and hip-width apart.
- Hold the bar behind head with hands shoulder-width apart, palms facing up.
- Bring arms forward over chest, then slowly lower them behind you again.
- Keep your arms straight, hips still and elbows soft throughout the move.
- Do 10–12 reps.



ELEVATED CURLS

SHOULDERS, BICEPS

- Stand with feet in the straps and hip-width apart.
- Hold the bar at chest level in front of you with palms shoulder-width apart and facing up. Pull your shoulders down and back (don't hunch).
- Keeping your upper arms absolutely still, slowly curl the bar toward your forehead.
- Hold for 1 second, contracting your biceps, then straighten arms and repeat.
- Do 10–12 reps. To add resistance, cross the straps on your feet.



OVERHEAD PRESS

TRICEPS

- Place both straps on right foot and stand with feet staggered, left in front of right.
- Hold bar behind head with hands shoulder-width apart, palms facing up, and elbows bent close to your head. Lean forward slightly, front knee bent and back leg straight, and pull abs in.
- Extend arms up and slightly forward, keeping upper arms, legs, and torso absolutely still.
- Hold for 1 second, contracting the triceps, then lower bar to starting position.
- Do 10–12 reps.



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