

20 Minute Workout Series Pilates Mat Glutes and Thighs

Exercise Type	Level	Intensity	Equipment
Pilates	Intermediate	Moderate	Resistance Band, Pilates Circle

Description

This workout is part of our 20 Minute Workout Series. This one focuses on the glutes and thighs using a Resistance Band and Pilates Circle. It's the perfect workout for those who want a little kick in the butt.

Exercise	Notes	Repetitions
Standing with Band 1. Squat with Band 2. Stationary Lunge with Band	Stand on Band, ends in hands, elbows bent. Band under front heel.	10 10 each leg
Supine on Mat with Band 1. Bend and Stretch in Hundreds Position with Band 2. Add Abduction 3. Single Leg Bend and Stretch 4. Lift and Lower Leg 5. Single Leg Shoulder Bridge Lifts 6. Lower and Lift Leg	Supine on mat with band around feet and crossed. Upper body flexed. Band around one foot, other foot on floor, upper body flexed Band around one foot, other foot on floor.	10 10 10 10 10 10
Supine with Circle between Thighs 1. Ab Prep and Inner Thigh Squeeze 2. Shoulder Bridge and Inner Thigh Squeeze <i>Repeat 2 set of 1 and 2</i> 3. Ab Prep with Thigh Pulses 4. Shoulder Bridge with Thigh Pulses <i>Repeat 2 set of 3 and 4</i>	Supine in Mat, knees bent and circle between knees.	10 each
Prone Circle Squeeze 1. Squeeze Circle 2. Add Leg Lift 3. Upper Body Lift	Prone on Mat with Circle between ankles and knees bent. Forehead resting on stacked hands.	5 each
Side Kneeling with Band 1. Lift and Lower 2. Add Arm Presses 3. Bend and Stretch 4. Pulses Up <i>Repeat on other side.</i>	Side kneeling with bottom hand on floor. Band around top top and in top hand.	10 each

Exercise	Notes	Repetitions
Side Lying Leg Work with Circle 1. Top Leg Press Down on Circle 2. Top Leg Press Up on Circle 3. Alternate Tilted Forward 4. Press Up on Circle <i>Repeat on other side</i>	Side Lying with Circle under bottom ankle and top ankle on top Handle of Circle.	10 each
No Props 1. Swimming Legs 2. Cat Side Knee Lift 3. Add Leg Extension <i>Repeat 2 sets of 1, 2 and 3</i>	Prone on mat with hands under forehead. Kneeling quad position.	4 sets 5 5
Stretches Shell to Cobra Spine Stretch Forward	No Props.	3-5

Programming Tips

This workout can be performed on its own two or three times per week or in combination with other workouts.

Quick Reference Images

Standing with Band

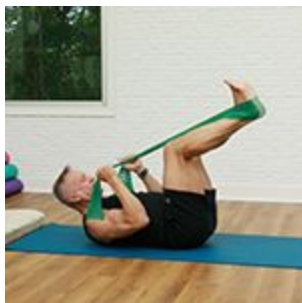


Squat

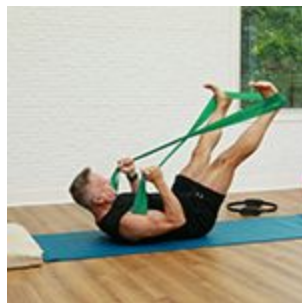


Stationary Lunge

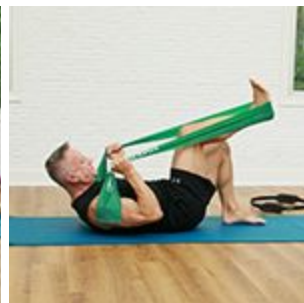
Supine with Band



Bend and Stretch



Add Abduction



Single Leg Bend and Stretch



Lower and Lift



Bridge Lifts

Lower and Lift

Prone with Circle Between Ankles



Squeeze Circle

Lift and Squeeze Circle

Add Upper Body Lift

Supine with Circle Between Thighs



Ab Prep with Adduction

Bridge with Adduction

Ab Prep with Pulses

Shoulder Bridge with Pulses

Side Kneeling with Band



Lower and Lift

Add Arm Presses

Bend and Stretch

Pulses

Side Lying with Circle



Top Leg Presses Down



Bottom Leg Presses Up



Tilt Forward and Press Up

No Props



Swimming Legs

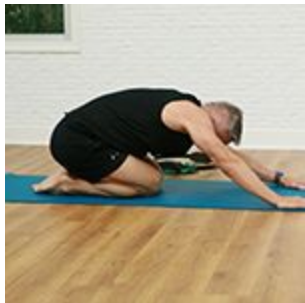


Side Leg Lifts in Quad



Add Leg Extension

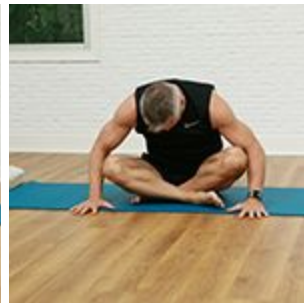
Cool Down



Shell



Cobra



Spine Stretch Forward