

PILATES

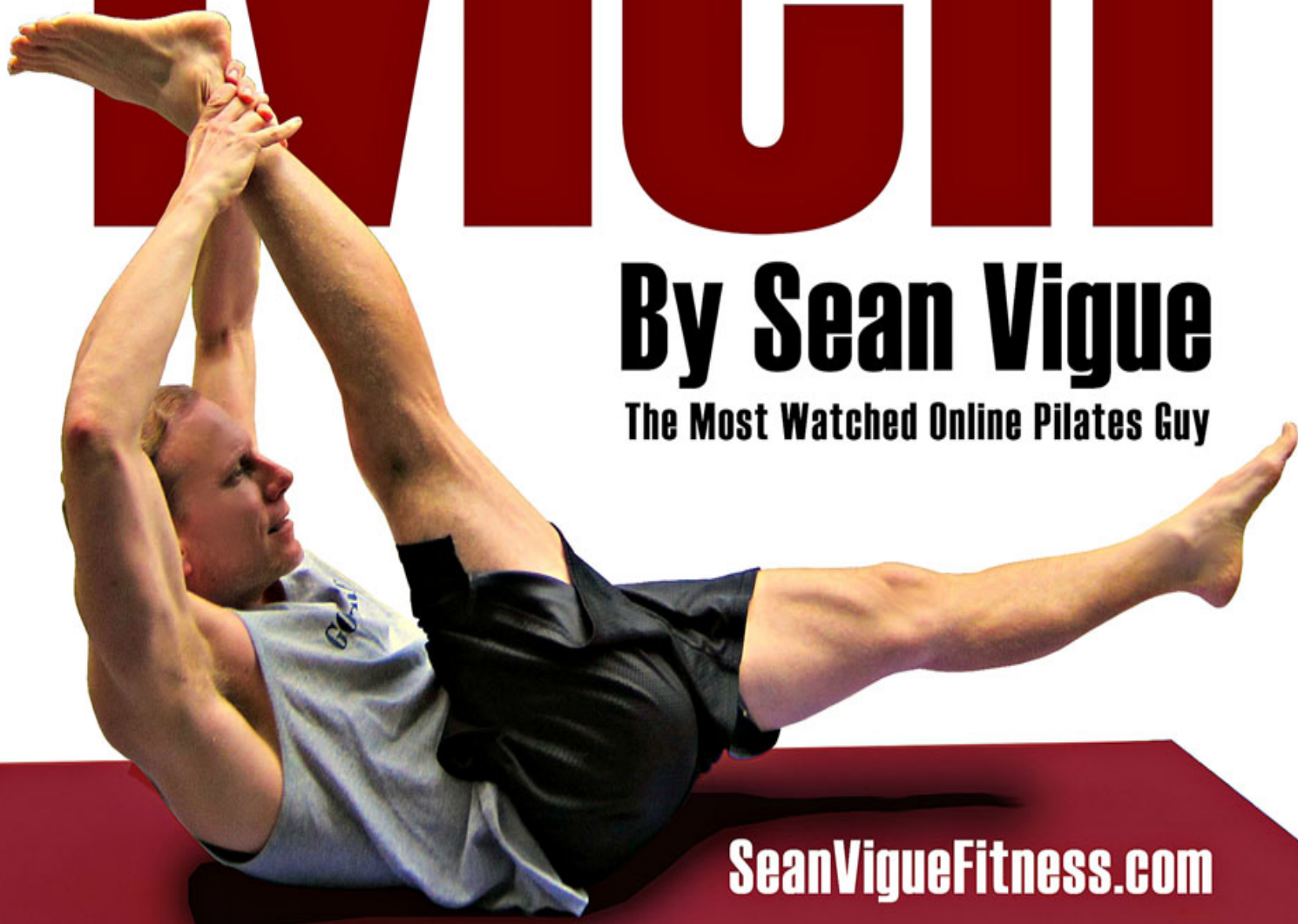
FOR

**Build a Strong, Powerful
Body. Anywhere. Anytime.**

MEN

By Sean Vigue

The Most Watched Online Pilates Guy



SeanVigueFitness.com

PILATES

FOR

Men

**Build a Strong, Powerful
Body. Anywhere. Anytime.**

This book is dedicated to all the guys out there who strive for more strength, power, flexibility and energy - this book is for YOU.

*"In 10 sessions you'll feel the difference,
in 20 you'll see the difference and
in 30 sessions...you'll have a different body."
— Joseph Pilates*

By Sean Vigue

Author of the bestselling book [Power Yoga for Athletes](#)

SeanVigueFitness.com

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Why Pilates for Men?

I wrote this book because Pilates is still such a misunderstood exercise program. In fact, many people even mispronounce the word Pilates (Pi-lot-ays). If you can't pronounce the name will you even give it a second glance? This eBook will give you much more than a second glance...it will dramatically transform the way you look, feel and exercise. This book features only mat Pilates (using only your bodyweight and a Pilates mat underneath you) and is a total training program that requires no weights or machines. That's right - only your bodyweight is needed! These workouts can be done anywhere and anytime so they fit even the busiest of schedules with results you'll feel and see after your very first workout. Yep, that's how Pilates works, my friends. Use the greatest gym you'll ever have - your body - to achieve incredible fitness goals! And watch for links to my Pilates workout videos scattered throughout the book so we can work out together. For the perfect training companion to this book pick up a copy of my paperback, [Power Yoga for Athletes](#) from Fair Winds Press and take my workouts everywhere by downloading my free fitness App (seanviguefitness.com/my-fitness-app) for Apple and Android!

This book is packed with safe and effective Pilates exercises for all levels, complete with descriptions and full color photos of yours truly demonstrating the moves. For your convenience, I've also included modifications and add-ons so you can truly workout at YOUR fitness level and progress as you build strength and confidence. My goal is always to get my clients on the mat and moving as quickly as possible (with the best form of course) so they begin seeing the dramatic results that they are working so hard to achieve. Pilates does not lie

to you - you will immediately feel stronger, flexible, faster, controlled and extremely powerful as your mind and body work together with every breath...not to mention building that strong, stable, balanced and functional core (the abdominals, the pelvic floor, the muscles around the hip joint, and the muscles of the lower back). It's all about the core in Pilates.

To create that smooth Pilates flow I've included six complete workouts (all of which I've filmed so you can work out directly with ME via my [YouTube channel](https://www.youtube.com/motleyfitness) (youtube.com/motleyfitness) to get you moving no matter what your fitness level. Watch for the video links by each workout. There are easy-to-follow, beginner, intermediate and advanced workouts that you can do as stand-alone routines or as part of your current workout program. Are you a weight lifter? Triathlete? Power Lifter? Sedentary person? Weekend Warrior? It doesn't matter because Pilates will enhance every activity/sport/movement you perform and target exactly where you need help. Did you catch that? Pilates will enhance EVERY movement in your life but you won't really know until you get moving. So, are you ready to reap the amazing benefits of Pilates? It's my pleasure to introduce you to the many, many benefits of a regular Pilates practice.

To get a first glimpse of a Pilates workout watch my most recent beginner Pilates for Men video on my YouTube channel: <https://youtu.be/yARyRb32sCc>

And if you're still on the fence - Here's 5 reasons men need to add Pilates to their lives from a recent article I wrote for Grokker.com.

1. Pilates is perfect for men of all fitness levels - from the couch potato to the performance athletes and will adapt easily to your fitness needs. Learn and put into action the six key principles of Pilates: Centering, Concentration, Control, Precision, Breath, and Flow.

2. The core focused work in Pilates will enhance every other athletic endeavor you do. Running, weight training, football, biking etc - Pilates will enhance your skill level dramatically.
3. Pilates workouts are performed with zero equipment (other than a Pilates mat) and can be practiced anywhere and anytime. They are super convenient and accessible for even the busiest of schedules.
4. Pilates improves posture. By building a strong balanced core you support your spine and help prevent your upper body from slumping forward and cutting off your breath. You'll have much more energy because you're not always fighting gravity.
5. Pilates is a fantastic way for men to increase flexibility in their legs, back, hips and shoulders while still getting a full body workout. More flexibility leads to better body control, faster recovery time and greater range of motion.

“Contrology (The Pilates Method) is designed to give you suppleness, natural grace and skill that will be unmistakably reflected in the way you walk, play and work.”

—Joseph Pilates

[The Classic Pilates for Men Workout that started it all. Like my wardrobe?](#)

What Do You Need to Practice?

All you need to do your Pilates exercises and workouts is a Pilates mat (thick and comfortable. You may use a yoga mat but they are thinner and may be uncomfortable on your spine), comfortable clothing, a bottle of water (optional) and a clear space in which to move. A typical Pilates workout can be any duration and intensity that you wish but make sure you don't exercise while your muscles are still very sore. I highly recommend cross training (combining various styles of exercises and workouts to work various parts of the body) and I'm including several other styles of workout videos in the back of this eBook to keep your workouts fresh, challenging and constantly improving.

Pilates Breathing

Proper breathing is über important in Pilates to maximize your movements and lung capacity so let's take a moment to explain. In Pilates you want to breathe into your deep belly muscles (belly button area) meaning your abdominals should actually be "pooching" out on your inhales. When I trained as an opera singer it was the same kind of breath - inflate the belly, sides of the belly and even the lower back. This kind of respiration actually tones and energizes your core while improving posture and bringing a huge supply of oxygen to your body. Also, focus on breathing in the nose (using the natural filters of the nostrils to purify the air) and out the mouth (to get rid of every bit of stale air). Focusing on the breath this way also creates a natural rhythm to movement that enhances the efficiency and experience of a workout. Joseph put it better than I can:

“Lazy breathing converts the lungs, literally and figuratively speaking, into a cemetery for the deposition of diseased, dying and dead germs as well as supplying an ideal haven for the multiplication of other harmful germs.”

—Joseph Pilates

Chapter 1

Exercises on your Back

Always keep your lower back imprinted into the mat by tilting your pelvis up and engaging your abdominals. Practice breathing in your nose and out your mouth. *If it's uncomfortable to have your head and neck lifted off the mat you may place a towel or pillow behind your head for support.*

*“We retire too early and we die too young,
our prime of life should be in the 70’s and
old age should not come until we are
almost 100.”*

—Joseph Pilates

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Toe Touches



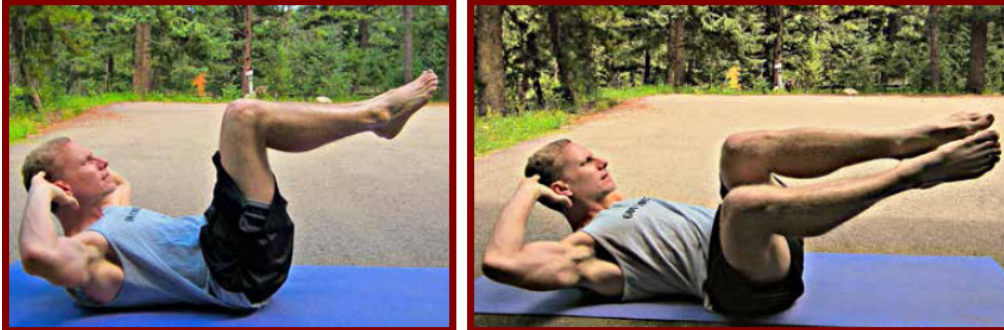
Modification: Don't bring your toes down as far.

Add-on: Lower both the legs at the same time.

Description

1. Begin on your back (like all the exercises in this chapter) and bring your knees into tabletop position with your knees and feet close together. Place your fingers on the back of your neck to gently support the head and neck while imprinting your spine on the mat.
 2. Inhale and lower the right leg from the hip until the toes brush the floor. Exhale as you bring the right leg back to tabletop position and then lower your left leg. Alternate each side for 10-20 reps.
- ✓ For a little extra spice add a chest lift as you draw the leg into tabletop.

Tabletop Pendulum



Modification: Keep the tips of your toes on the mat.

Add-on: Extend your top leg or both legs when hitting each side.

Description

1. Place your fingers on the back of your head and move to tabletop position. Inhale and twist about 50% to the right side while exhaling. Inhale and return to tabletop. Exhale and twist to the left. Keep your lower back imprinted and move slowly. Repeat 10 times.
- ✓ Try to drop the legs a little further towards the floor each time and pause for a moment.

The Pilates 100



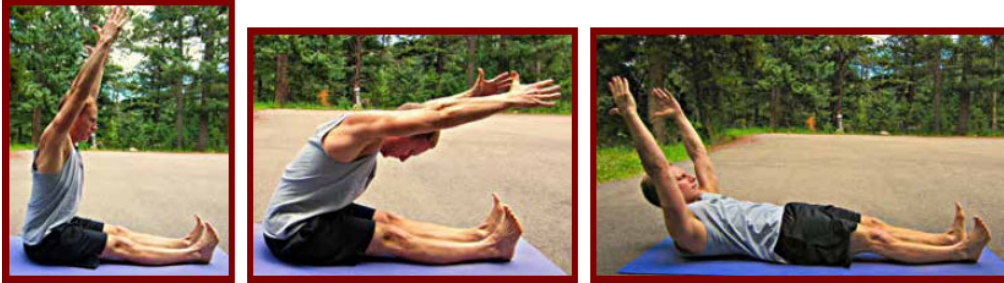
Modification: Keep your legs in tabletop position.

Add-on: Lower your extended legs an inch from the ground.

Description

1. The Pilates 100 can be performed from tabletop position or with the legs extended (heels together, toes pointed and your legs zipped tight together = Pilates Stance)". Extend the arms to your side and pump them up and down about 6 inches while breathing in for 5 pulses and exhaling for 5 pulses. Repeat for 100 counts.
- ✓ Stabilize your core as the arms are pumping and keep your chin slightly tucked. Imagine you're holding an orange between the chin and the chest.

The Roll Up



Modification: Just roll halfway down and then do spine stretch.

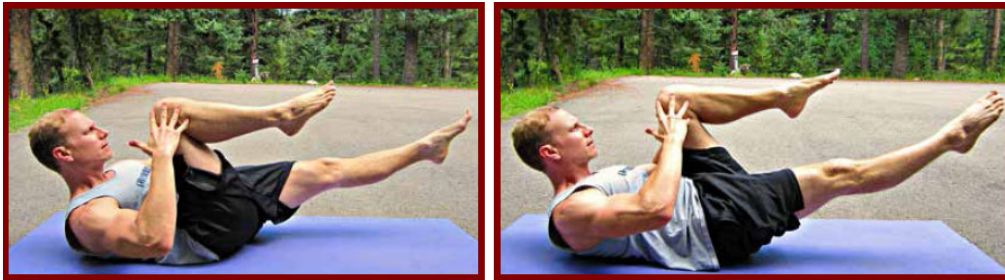
Add-on: Pause for an extra breath halfway down and halfway up.

Description

1. Inhale and begin in a seated position with your arms overhead.
 2. Exhale and stretch forward (spine stretch) going up and over your toes while smooshing the backs of the knees into or towards the ground. Inhale as you return to the original position.
 3. Exhale as you round your upper back (C-curve) and slowly roll down one vertebrae at a time. Inhale as you extend your arms to the sky and exhale as you engage every abdominal muscle and peel your spine off the mat and return to seated position. Repeat 10 times.
- ✓ The goal of the roll up is to flow smoothly throughout without any jerky movements or momentum. If you get stuck on the bottom use an elbow to assist you back to seated position but keep engaging your abdominals.

Classic Pilates Big 5 Series

1. The Single Leg Stretch



Modification: Lengthen your extended leg towards the sky.

Add-on: Do a crunch (or chest lift) every time your knee comes towards your face and lower the extended leg close to the ground.

Description

1. On your back, peel your head and shoulders off the mat, exhale and draw the right knee in while extending the left leg away from you. Gently place your hands on the right knee. Keep your extended knee slightly soft.
 2. Inhale and switch sides. The lower you lower the legs the more challenging but always keep your lower back imprinted into the mat.
- ✓ For more of an abdominal burn place your hands on the back of your head.

Classic Pilates Big 5 Series

2. The Double leg Stretch



Modification: Keep your upper body still with the head on the mat and only do the leg portion.

Add-on: Lower the arms and legs almost to the floor on the extension.

Description

1. Begin on your back in tabletop position and your arms to your sides. Keep your chin tucked slightly throughout the exercise.
 2. Inhale, switch the legs and repeat on the other side. Repeat 10-20 times.
- ✓ I love to hold the extension for an extra breath to really build control and stamina.

Classic Pilates Big 5 Series

3. The Single Straight Leg Stretch



Modification: Bend your knees or make the range of motion smaller.

Add-on: Flex your feet to stretch your calves and hamstrings more effectively.

Description

1. On your back bring the right leg to the sky and extend the left leg away from you. Grab gently as high as possible on your right leg and peel your head and shoulders off the mat. Pulse the leg twice with two exhales while bringing your nose towards the knee.
 2. Inhale and repeat on the other side. Repeat 10-20 times.
- ✓ Really focus on lengthening from behind your knee for maximum length in the legs while keeping your core stabilized against the movement.

Classic Pilates Big 5 Series

4. The Double Straight Leg Stretch



Modification: Keep your knees bent and decrease the range of motion. You may also place your hands under your hips for more support while keeping the head on the mat.

Add-on: As you draw the legs towards you add a crunch (chest lift) to further activate the abdominals or keep your arms extended overhead through the whole exercise. Ouch!

Description

1. Place your fingers gently on the back of the head, exhale and extend the legs to the sky with your heels together, feet flexed and toes pointed away from each other.
 2. Keeping your spine imprinted inhale and lower your legs slowly. When you hit the bottom of your range of motion point your feet in Pilates Stance and exhale back to starting position. Keep your spine imprinted. Repeat 6-10 times.
- ✓ For a crazy challenge stop at the half way point for an extra breath in each direction.

Classic Pilates Big 5 Series

5. The Criss Cross



Modification: Keep your head down and just move the legs.

Add-on: Extend the legs and scissors them like in **Single Straight Leg Stretch**.

Description

1. Begin as in Single Leg Stretch with the right knee drawn in but place your hands behind your head for support. Exhale and lift your chest (not your opposite elbow) towards your right knee.
 2. Inhale and switch the legs bringing your chest towards the left knee with the exhale. Repeat 10-20 times.
- ✓ This powerful exercise is usually done incorrectly with people tapping their elbow to the opposite knee which torques the neck and takes the emphasis out of your abdominals. Always lift your chest towards the knee to activate the core and keep your neck lengthened. Your neck will thank you.

The Backstroke



Modification: Keep your knees bent throughout the movement.

Description

1. Begin in tabletop position with your arms at 90 degrees.
 2. Inhale and extend the arms and legs to the sky.
 3. Keep inhaling as you circle the arms and legs.
 4. Bring the legs together and the arms to your sides while exhaling. Then return to starting position. Repeat 8-10 times.
- ✓ This is one of the more challenging classic Pilates exercises so work your way into the big movements and adjust the range of motion accordingly

Chapter 2

Seated Exercises

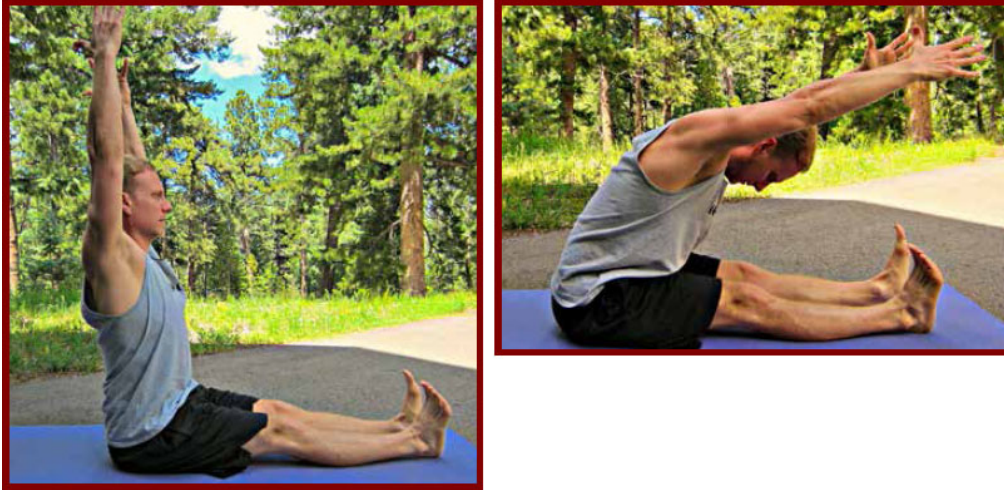
Pilates seated exercises are a great combination of flexibility training with some pretty hardcore core building. Make sure you keep flexing those abs on your exhales and stay hungry.

“The Pilates Method of Body Conditioning is gaining the mastery of your mind over the complete control over your body.”

—Joseph Pilates

To get a first glimpse of a Pilates workout watch my most recent beginner Pilates for Men video on my YouTube channel: <https://youtu.be/yARyRb32sCc>

The Spine Stretch



Modification: Bend your knees further.

Add-on: Keep your arms next to your ears through the entire exercise for a nice shoulder blast.

Description

1. Begin in seated position with your legs in front of you and together. Inhale as you lift your arms overhead.
 2. Exhale and reach up and over the toes. Don't worry if you can't reach your toes...you soon will. Imagine you're rounding up and over a large beach ball. Inhale and return to the starting position. Repeat 10 times.
- ✓ To really stretch your Hamstrings and calves make sure you "smoosh" the backs of your knees down as you extend forward.

The Saw

(my father's favorite exercise)



Modification: Keep your legs closer together and bend your knees further.

Add-on: Open your legs wider for a deeper twist and stretch.

Description

1. Begin in seated position and bring your heels to the outside edges of the mat. Inhale and sit up tall with your arms out to the sides.
 2. Twist to the right and reach above and to the outside of the right foot with your left hand. Pulse twice with two exhales and look to your right arm. Inhale as you return to the starting position and repeat on the other side. Do 20 repetitions total...10 on each side.
- ✓ This is a fantastic exercise for golfers and tennis players with all the great twisting and hamstring stretching.

The Straddle Spine Stretch



Modification: Bring your legs closer together and bend your knees.

Add-on: Open your legs wider.

Description

1. Begin just like you're doing the Spine Stretch. Inhale and twist to the right.
 2. Exhale and extend up and over the right leg. Inhale and return to the starting position and repeat on the left side. Repeat 20 times total.
- ✓ For a deeper twist you can extend to the outside of each leg.

The Boat Bike



Modification: Place your fingers gently on the outside of the legs for more support.

Add-on: Extend your arms overhead.

Description

1. Begin in half boat pose with your arms to the sides. Bicycle your legs forward 10 times while holding and stabilizing the pose. Breathe normally into the movement.
 2. After doing 10 revolutions reverse the movement so you're now biking backwards. Listen for the click of the chains. Don't let the chains fall off.
- ✓ Extend your arms overhead for more of a challenge. I mentioned it already but it REALLY burns the core.

The Accordion



Modification: Place your fingers gently on the outside of the legs for more support. You can also just stay in **Half Boat**.

Add-on: Hold the full boat pose for an extra breath.

Description

1. Begin in half boat pose. Inhale and extend your legs outward while reaching the arms overhead.
 2. Exhale as you return to **Half Boat** pose. Repeat 10 times.
- ✓ If your mat feels too hard on your tailbone you may roll up the mat a couple times for more support.

The Crunchy Frog

(also the name of a classic Monty Python sketch)



Modification: Place your fingers gently on the outside of the legs for more support. You can also just stay in **Half Boat**.

Add-on: Hold the extension for an extra breath.

Description

1. Begin in half boat pose. Inhale as you open your arms and extend the legs.
 2. Exhale and return to half boat pose. Repeat 10 times.
- ✓ Really focus on opening the arms wider each time to get a great chest and shoulder stretch. You may also flex the feet as you extend and point as they draw back to **Half Boat**.

Chapter 3

Planks and More!

It's no secret that I LOVE Planks! I love how they first work my core and then spread throughout my entire body. They are really a powerful tool in your fitness arsenal. This chapter will fire up those muscles with Planks and a few other surprises. Gotta keep it fresh!

“If your spine is inflexibly stiff at 30, you are old. If it is completely flexible at 60, you are young.”

—Joseph Pilates

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The Birddog



Modification: Bring your forearms down. You can also just extend either your arms or legs.

Add-on: Walk your hands about one foot (12 inches) in front of your shoulders.

Description

1. Begin in hands and knees position with your knees under the hips and hands under the shoulders.
 2. Inhale and extend your left arm and right leg staying parallel with the ground and your chin slightly tucked so the top (crown) of your head points forward. Exhale and return to hands and knees position. Alternate and repeat for 20 repetitions.
- ✓ To REALLY turn up the heat do the Birddog from **Classic Plank** ([page 33](#)) position.

The Active Balancing Cat



Modification: Bring your forearms down or just do the legs and leave your hands on the mat.

Add-on: Again, take it up a HUGE notch and do it from full Plank position.

Description

1. Begin in hands and knees position, inhale and extend your right arm and left leg like the Bird Dog.
 2. Exhale and bring the right elbow to the left knee while squeezing your abdominals.
 3. Inhale and return to Bird Dog. Repeat 10 times on each side.
- ✓ Again, to REALLY turn up the heat do this exercise from Classic Plank. It builds severe balance, control and stamina! Watch the Advanced Video in the workout section of this book to see me struggle with this one.

The Classic Plank and Forearm Plank



Modification: Bring your knees to the mat so they're slightly behind the hips.

Add-on: Walk your hands (or forearms) several inches in front of the shoulders to create the **Walk Out Plank** pose. This challenges your core, shoulders and back much more.

Description

1. From hands and knees position tuck your toes and extend your legs. Keeping your hands or elbows under the shoulders inhale and lengthen the arms further. Exhale and squeeze the abs while pressing your heels back and pulling your hands towards your feet. Take out the slack and fully engage your body in the Plank!
- ✓ Planks are a great warm-up pose as they work from the core outward. Think of building a fire from your center that keeps spreading!

Classic Plank with Leg Lifts



Modification: Bring your knees to the mat so they're slightly behind the hips.

Description

1. From Plank position (you may also do this from **Forearm Plank**) inhale and lift your right leg while keeping your body parallel to the ground. Exhale while lowering the leg back to Plank position. Repeat on both sides 20 times.
- ✓ It's very important to keep your butt down when lifting the legs to really engage those muscles. Stabilize your core as the legs move.

Leg Pull Down



Modification: Bring your knees to the mat so they're slightly behind the hips.

Description

1. From Plank position inhale and lift your right leg.
 2. Keep inhaling as you press through the left foot bringing your shoulders in front of your wrists.
 3. Exhale as you return to Plank and lower the right leg. Alternate each time for 10-20 total times.
- ✓ This is a fantastic shoulder burner so make sure you move with slow, deliberate and controlled movements.

Reverse Plank



Modification: Stay in a seated position and place your hands behind you for a nice stretch.

Description

1. From a seated position place your hands under the shoulders (hand position is up to you. I prefer to have my fingers pointed outward) and inhale as you lift your body up. Keep your heels down and point the feet. Draw the shoulders back and keep your center lifted (like there's a very sharp cactus under your butt!). Flood your body with the breath. Hold for 5-10 deep breaths.
- ✓ You can also perform this plank with the forearms down but beware - 8 out of 10 of my clients think it's even more challenging!

Reverse Plank with Leg Lifts



Modification: Just stay in Reverse Plank or stay in a seated position and place your hands behind you for a nice stretch.

Description

1. From Reverse Plank inhale and lift your right leg upward while stabilizing the rest of the body. The only part moving should be that leg. Exhale and lower the leg slowly to the mat.
 2. Inhale and repeat on the other side. Do 10-20 total reps.
- ✓ This is definitely a more advanced exercise (and one of Joseph Pilates favorite) so perform only when ready. It's powerful stuff!

Chapter 4

Exercises on your Stomach

Pilates exercises on your stomach are all about building a strong, functional and flexible back. Many of these exercises mimic swimming motions. I love swimming. In swimming all your muscles are firing and working together to create that long, lean and balanced body...just like the exercises in this chapter. You won't get wet with these except for the sweat.

"I wanted to get really fit. I wanted to lose some weight. So I've been doing Pilates and yoga, trying to lean out my body so I won't be bulky."

—Serena Williams

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The Baby Cobra Pulse



Modification: Just hold the Baby Cobra pose and leave out the pulse.

Description

1. Inhale and begin in Baby Cobra pose with your elbows directly under your shoulders and your legs extended behind you.
 2. Exhale and lengthen forward through the crown (top) of your head. Inhale and return to the starting position. Repeat 10 times.
- ✓ My favorite part of this effective exercise is how much it stretches and strengthens your back. I always include this move in my beginner classes and videos.

Single Leg Kick



Modification: Stay in Baby Cobra pose and leave out the kicks.

Description

1. Begin in Baby Cobra pose. Pulse your right leg twice in a “kick” movement with two quick exhales. On the first pulse point the foot and on the second pulse flex the foot.
 2. Repeat on the other side while keeping your shoulders back and down and chest open. Do 10-20 reps total.
- ✓ This is a deceptive move at first but it will really stretch and activate the hamstrings and calves while giving your upper body a fantastic postural boost.

Double Leg Kick



Modification: Perform Single Leg Kick again.

Add-on: Extend your arms forward instead of back.

Description

1. Begin on your stomach with your head turned to the right and the hands resting on the lower back with your elbows out to the side.
 2. Pulse both of your legs together with two exhales while pointing on the first pulse and flexing on the second.
 3. Inhale and lift your body off the ground while extending the arms back. You can lace the fingers together for a deeper stretch. Keep your eyes on the ground.
 4. Return to the starting position but turn your head to the left to keep a balance in the neck and continue. Repeat 8-12 times.
- ✓ You really want to practice precision in all your Pilates exercises and especially in this one. Try not to go too fast but break down the moves and give equal attention to each of them.

The Breaststroke



Modification: Just do either the arms or legs portion of the exercise.

Description

1. Begin with your arms to your sides and legs squeezing together with the top of the head pointed forward and the chin slightly tucked.
 2. Inhale and extend your arms forward and open your legs as wide as possible. Keep your chin tucked.
 3. Exhale and circle the arms back to the sides and bring the legs together. Repeat 8-10 times
- ✓ Keep your eyes on the ground throughout the entire exercise so the back of your neck doesn't "kink" and you continue lengthening your body to it's full height.

Pull the T-Straps



Modification: Keep your fingers tips on the ground as you move.

Description

1. Begin with your arms to your sides and legs squeezing together with the top of the head pointed forward and the chin slightly tucked.
 2. Inhale and extend your arms out to the sides while opening the legs wide.
 3. Exhale and return to the starting position. Repeat 8-10 times.
- ✓ Imagine you're performing this exercise underwater for more resistance and muscle activation. That will prepare you for the next exercise in the same "Strap" family.

Pull the Straps



Modification: Keep your finger tips on the ground as you move.

Add-on: Hold the extension on the top for an extra breath.

Description

1. Begin with your arms to your sides and legs squeezing together with the top of the head pointed forward and the chin slightly tucked.
 2. Inhale and reach your arms outward and forward until they're extending all the way forward while opening the legs wide.
 3. Exhale and circle back to the original position. Repeat 8-10 times.
- ✓ Again, imagine you're doing this exercise underwater for maximum muscle activation and lengthening.

Swimming



Modification: Inhale as you lift the opposite arm and leg and exhale as you lower.

Add-on: Chop the arms and legs quickly while breathing in for 5 counts and exhaling for 5 counts.

Description

1. Begin on your stomach with your arms extending forward. Arms shoulder width and legs hip width.
 2. Inhale and lift the right arm and left leg while keeping the top of the head pointed forward. Exhale and lower to the mat.
 3. Inhale and lift the left arm and right leg. Exhale and return to the mat. Repeat 10-20 times. If you're doing the add-on go for 10 counts of breathing for a total of 100 reps ie. 5 count inhale + 5 count exhale = 1 count.
- ✓ Swimming is such a powerful exercise which will tone and strengthen the whole backside of your body. If you do the quicker version you'll notice your heart rate elevating too making for a pretty darn cool cardio core move!

Chapter 5

Advanced Exercises - Extra Credit

As your Pilates practice grows so will your strength, control and overall endurance so I've provided 5 advanced exercises that you can tackle once you've mastered the previous 30 exercises in this book. With every Pilates workout you will build a stronger more functional body that will improve physical and mental performance in EVERY activity and sport you perform. It only gets better!

“You got me: I do Pilates. I love Pilates because we do very specific training in soccer for the same six or seven muscles, but we neglect so many other muscles. So when I do Pilates, it helps get all the rest of the muscles in shape and gets them working together.”

—Landon Donovan

For a taste here's my Advanced Pilates for Men Workout I filmed way back in 2011:
<https://youtu.be/x0RMzSNQD1o>

The Roll Over



Modification: Do Double Straight Leg Stretch instead ([page 18](#)).

Add-on: Reach your arms overhead or overhead and a couple inches off the mat. Whoa!

Description

1. Begin on your back with the arms to your sides and the legs together at a 45 degree angle. Point the toes with the heels together.
 2. Exhale and engage your abdominals to lift your legs up and over your head while peeling your spine off the mat. This exercise is all about control and precision.
 3. Inhale and flex your feet.
 4. Exhale and slowly roll back down to the starting position. Repeat 4-10 times.
- ✓ After you lift the legs up and over your head you may also then extend them towards the sky and roll down from there. That's adding the Jackknife into the exercise. See the photo.

V-Ups



Modification: Stay in Half Boat pose.

Add-on: Keep your arms overhead throughout the entire exercise.

Description

1. Begin in Half Boat pose.
 2. Inhale and lower the upper body down so your spine makes contact with the mat while extending your legs. Keep your arms to the sides.
 3. Exhale, activate the abdominals and return to the starting position. Repeat 6-10 times. Work on being smooth and controlled without momentum.
- ✓ For a real burn slow down as you lower and raise. Trust me...it REALLY works the core!

The Shoulder Stand Bike



Modification: Lay on your back and bike from there.

Add-on: Drop your arms to the mat or overhead.

Description

1. Begin in Shoulderstand pose with the hands on your lower back for support and the legs extended to the sky. Keep your neck relaxed.
 2. Breathe normally as you slowly bicycle the legs forward. Do 10 circles in each direction.
- ✓ This exercise is such a fantastic combo of Pilates and Yoga.

Spider-Man Push-Ups



Modification: Leave out the push-up.

Add-on: Hold your body in the hover each time. That means hold the plank about 3 inches of the mat for an extra breath.

Description

1. Begin in Classic Plank position.
 2. Exhale as you draw the right leg to the side and lower into a hover/push-up.
 3. Inhale and return to Plank. Alternate legs on each repetition. Repeat 10-20 times.
- ✓ This is an exercise I don't dare teach very often in my live classes because it's such a killer. Kudos to you for doing it!

Pilates Push-Ups



Modification: Leave out the push-up. Just walk out and walk back to standing position. You may also walk out to Plank on your knees.

Add-on: Do more than one push-up each time. Do as many as you like with the best possible form. Your [Pilates for Athletes Workout](#) in this book includes 5 push-ups at a time!

Description

1. Begin in a standing position.
2. Exhale as you dive into Forward Fold and walk the hands out into **Classic Plank**. Take a quick inhale.
3. Exhale while lowering down and inhale as you lift back to Plank. Keep your elbows to the sides throughout the push-up.
4. Exhale while walking to Forward Fold and inhale as you roll up to standing position. Repeat 10-20 times.

✓ Pilates Push-Ups are always a great finisher move for your Pilates workouts!

Chapter 6

Your Pilates for Men Complete Workouts

Individual exercises are great but we want to put them all together into workouts for all levels. Do these workouts along with me in the attached videos that I filmed exclusively for this book!

“After one session I was energized. Pilates has made me quicker, more explosive.”

—Basketball Star Jason Kidd

For a taste here's my Advanced Pilates for Men Workout I filmed way back in 2011:
<https://youtu.be/x0RMzSNQD1o>

Beginner Workout



You've never done Pilates before but are anxious to begin?

Do this workout right now.

Do this workout with me here:
https://www.youtube.com/watch?v=kbO1_TMbx4E

EXERCISES	REPS
Toe Touches	10
Tabletop Pendulum	10
The Single Leg Stretch	10
The Single Straight Leg Stretch	10
The Spine Stretch	8
The Saw	10

The Birddog	10
Classic Plank	10-30 secs.
Baby Cobra Pulse	10
The Breaststroke	6

Intermediate Workout



Once you feel comfortable with the beginner workout you can progress to the intermediate one.

Do this workout with me here:
<https://www.youtube.com/watch?v=6AlgmObdSpQ>

EXERCISES	REPS
The Pilates 100	100
The Roll Up	8
Classic Pilates Big 5 Series	
The Single Leg Stretch	12
The Double Leg Stretch	10
The Single Straight Leg Stretch	12

The Double Straight Leg Stretch	8
The Criss Cross	20
The Saw	10
The Boat Bike	10 circles each direction
The Active Balancing Cat	10 reps each side
Classic Plank with Leg Lifts	10
Single Leg Kick	20
Double Leg Kick	10
Pull the T-Straps	10
Reverse Plank	10-30 secs.
Swimming	20

Advanced Workout



It's time to sweat! Now you have a glorious opportunity to really dig in and reap the massive benefits of adding Pilates to your life. Keep focusing on control, precision and flowing from one exercise to the next for optimum results. Ready? Oh, I added a few of the exercises from the advanced chapter to keep you on your toes. It had to be done.

Do this workout with me here:
<https://www.youtube.com/watch?v=eP3Vzxt6J8I>

EXERCISES	REPS
Classic Plank	30-60 secs
The Pilates 100	100
The Roll Up	10
The Roll Over	10

Classic Pilates Big 5 Series

The Single Leg Stretch	20
The Double Leg Stretch	14
The Single Straight Leg Stretch	20
The Double Straight Leg Stretch	10
The Criss Cross	50 reps oh yes!
The Saw	20
The Crunchy Frog	20
The Straddle Spine Stretch	10
The Accordion	20
Leg Pull Down	10
Reverse Plank	30-60 secs
Reverse Plank with Leg Lifts	10-20
Pull the Straps	10
Swimming	30

The Breaststroke	10
The Shoulder Stand Bike	10 circles each direction
Spider-Man Push-Ups	20
Pilates Push-Ups	10 reps with 1-3 push-ups at a time

Hard Abs Workout



Just as the name implies this quick routine is all about hammering your abdominals with the tried and true exercises of Pilates. Add this routine into your current workouts and watch those abs get strong, balanced, shredded and flexible.

Do this workout with me here:
https://www.youtube.com/watch?v=00_zMxg7lxY

EXERCISES	REPS
The Pilates 100	100
Classic Pilates Big 5 Series	
The Single Leg Stretch	20
The Double Leg Stretch	10
The Single Straight Leg Stretch	14

The Double Straight Leg Stretch	8
The Criss Cross	50 reps oh yes!
The Backstroke	10
The Crunchy Frog	20
V-Ups	10
Active Balancing Cat (For more challenge do it from Classic Plank!)	10 reps each side

The Strong Back Workout



Often the back (and lower back) get neglected in core workouts. Not with Pilates!

Do this workout with me here:
<https://www.youtube.com/watch?v=PNx2i03ccZg>

EXERCISES	REPS
The Birddog	20
Plank (Classic or Forearm) with Leg Lifts	10
The Breaststroke	10
Pull the Straps	10
Leg Pull Down	10
Swimming	20 reps Slow

Pilates Push-Ups

10 reps with optional
push-ups

The Pilates for Athletes Workout



To give my [Power Yoga for Athletes](#) book a little friendly competition I created this routine that will give your athletic performance a huge boost and have your rivals shaking in their boots...or skates...or sneakers. Whatever. Just do it!

Do this workout with me here:
<https://www.youtube.com/watch?v=iHmH4K4wL4g>

EXERCISES	REPS
The Pilates 100	100
The Roll Up	10
The Straddle Spine Stretch	10
The Roll Over	10

Spider-Man Push-Ups	30 reps...add more if you like!
Double Leg Kick	12 reps... extend arms forward instead for more
The Boat Bike	10 circles each direction
The Saw	10
The Accordion	20
V-Ups	10 or 20
The Backstroke	10
The Active Balancing Cat	10 reps on each side or do it from Classic Plank
Swimming	1 minute while chopping the arms and legs quickly
Pilates Push-Ups	10 reps with 5 push-ups each time

For your convenience, I've put together a cross training workout playlist designed just for you to add to the workouts in the book for optimal physical and mental results. [Click here to add them to your arsenal:](#)

It's been a pleasure putting this book together for you. Stay focused. Stay hungry. Stay strong my friend. And... stay in touch! Please post photos of yourself with the eBook and doing the exercises and TAG me on social media or email them to me to post.

Sean Vigue is one of the most sought after fitness instructors in the world and the most watched yoga and Pilates guy on the planet. He's currently living, teaching, writing, singing and eating (mainly plant based foods) in the mountains of Colorado with his wonderful wife Jillian and their little furry Beast Addie...who you've no doubt seen in his videos - usually walking across his mat when he's in the middle of a complex exercise. In his former life Sean was a professional singer/actor/dancer with more than 60 shows under his belt and over 2000 performances across the USA and into parts of Europe. He's also sung a lot of opera..even when doing planks.

Stay connected with Sean!

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