

# 10 makeover moves

## 1 FOOTWORK

**Pedal:** Single and Dual

**Springs:** Light to make it easier; heavy to make it more difficult.

**Benefits:** Warms up the muscles and prepares the cardiovascular system for the workout.

**Set Up:** Sit on the front edge of the chair with your feet on the pedal, knees bent to 90°. Place your arms in a “genie” position, with your elbows bent and hands touching elbows, palms down. Sit up tall with your abs drawn in and up shoulders down, and neck long. Throughout the exercise, avoid rocking your torso by using your powerhouse to control your movement.



- 1 First Position:** Place the balls of your feet on the pedal, heels raised and together and toes apart. Keeping your torso still, begin to pump your feet down and up, using quick, precise movements while maintaining tension on the springs **(A)**. Do 20 pumps.
- 2 Toes:** Place the balls of your feet on the pedal with your toes wrapped around the pedal, feet parallel, heels lifted, and knees touching. Keeping your torso still, begin to pump your feet down and up, using quick, precise movements while maintaining tension on the springs **(B)**. Do 20 pumps.
- 3 Heels:** Place your heels on the pedal with feet parallel, knees and toes touching, and feet flexed. Keeping your torso still, begin to pump your feet down and up in quick, precise movements while maintaining tension on the springs **(C)**. Do 20 pumps.
- 4 Running:** Switch to a dual pedal. Place the ball of one foot in the center of each pedal and rest your hands behind you on the edge of the Chair. Begin to pump your feet in a rhythmic tempo as if you were running, keeping your spine long and maintaining tension on the springs **(D)**. Do 20 pumps with each foot.

## 2 RUNNING UP AND DOWN

**Pedal:** Dual

**Springs:** Heavy to make it more difficult.

**Benefits:** Works both the upper and lower body, as well as the cardiovascular system.

**Set Up:** Face the Chair and hold onto either side of its platform, wrapping your fingers around the edges. Draw your navel in toward your spine and step the balls of your feet onto the pedals, heels raised, pressing the pedals to the floor.



- Using your powerhouse to keep your torso still, bend your left knee and lift it toward your chest, leaning forward and bringing a bit of weight onto your arms **(A)**.
- Inhale, then exhale as you pump your feet as if you were running up a flight of stairs. Begin to lift your hips as you pump the pedals and “levitate” away from the floor **(B)**.
- Inhale as you slowly lower the pedals toward the floor, then exhale to run up again, using your powerhouse throughout. Do 20 reps (1 rep equals 1 up and 1 down).

## 3 MOUNTAIN CLIMBER

**Pedal:** Single or Dual

**Springs:** Heavy to make it easier; light to make it more difficult.

**Benefits:** Tones the hips, thighs, and butt, and challenges the cardiovascular system.

**Set Up:** Face the Chair and step down onto the pedal with the ball of your left foot, bringing the pedal to the floor. Place your hands on the platform and step your right foot in between your hands, making sure your entire foot is on the pad.



- Place your body weight onto your right foot and lean your chest slightly onto your right thigh. Keep your left leg straight, abs drawn in, and gaze forward **(A)**.
- Bend your left knee and begin to pump your foot in a rhythmic, vigorous tempo, pushing the pedal down toward the floor, but not letting it touch **(B)**. Step down slowly and switch sides. Do 10 pumps on each side.

## 4 PUSH DOWN

**Pedal:** Single

**Springs:** Light to make it easier; heavy to make it more difficult.

**Benefits:** Strengthens the chest, shoulders, triceps, and deep abdominal muscles.

**Set Up:** Stand up facing the Chair, heels together, toes slightly turned out or feet parallel. Draw your abs in and engage your thighs and buttocks to establish a firm base of support.



- Inhale, then exhale as you tuck your chin toward your chest and roll your body down, scooping your abs, and creating a “C” curve in your back.
- As your head comes toward the floor, reach for the pedal and grasp it with both hands. Keep scooping your powerhouse as you continue to roll your body down, pushing the pedal toward the floor until you feel a stretch in the back of your legs **(A)**.
- Keeping both arms straight, inhale as you slowly roll your torso up a few inches letting the pedal rise. Exhale and press the pedal down toward the floor. Repeat 10 times total.
- Keeping the “C” curve in your spine, begin to bend and straighten your elbows, pumping your arms in a rhythmic tempo. Use your powerhouse to keep your hips and torso still **(B)**. Do 20 pumps.

## 5 PULL UP

**Pedal:** Single

**Springs:** Heavy to make it easier; light to make it more difficult.

**Benefits:** Strengthens the chest, shoulders, triceps, and deep abdominal muscles.

**Set Up:** Face the Chair and hold onto either side of its platform, wrapping your fingers around the edges or hold the handles. Step the ball of your left foot onto the pedal and press it down to the floor. Step the ball of your right foot onto the pedal, pressing it to the floor.



- Bring your heels together and toes slightly apart, then rise up onto the balls of your feet with your arms straight and lean your torso slightly forward. Tuck your chin toward your chest **(A)**.
- Inhale, then exhale as you initiate from your powerhouse and slowly raise your hips, lifting the pedal up. Place a bit of weight onto your arms and “levitate” away from the floor **(B)**.
- Inhale as you slowly lower the pedal halfway toward the floor, then exhale to lift your hips and bring the pedal back up. Do 20 reps.

## 6 STANDING LEG PRESS DOWNS

**Pedal:** Single

**Springs:** Light to make it easier; heavy to make it more difficult.

**Benefits:** Tones the thighs, buttocks, hips, and deep abdominal muscles.

**Set Up:** Stand facing the Chair with the arch of your right foot on the pedal, legs straight or right knee bent, abs drawn in, and buttocks firm to keep your torso still.



- Reach your arms forward just above your chest, palms facing in **(A)**. Inhale, then exhale as you press the pedal to the floor squeezing your thigh and buttocks. Inhale and slowly raise the pedal a few inches, then exhale and press it back to the floor. Do 20 presses, then switch legs and do 20 presses with your left leg.
- Turn to the right and place your left foot flat on the pedal, legs straight or left knee bent. Reach your arms out to the side at shoulder level, palms down, abs drawn in, and buttocks firm **(B)**. Inhale, then exhale and press the pedal toward the floor squeezing your buttocks and inner thighs. Inhale and slowly raise the pedal a few inches, then exhale and press it back toward the floor. Do 20 presses, then turn around and do 20 presses with your right leg.
- Turn to face away from the Chair and place your left foot flat on the pedal, legs straight or left knee bent, abs drawn in, and buttocks firm to keep your torso still. Reach your arms forward just above your chest, palms facing in **(C)**. Inhale then exhale as you press the pedal to the floor squeezing your buttocks and inner thighs. Inhale and slowly raise the pedal a few inches, then exhale to press it back to the floor. Do 20 presses, then switch legs and do 20 presses with your right leg.

## 7 SWAN DIVE

**Pedal:** Dual

**Springs:** Light to make it easier; heavy to make it more difficult.

**Benefits:** Strengthens the entire back, buttocks, chest, shoulders, and triceps.

**Set Up:** Stand behind the Chair and lie facedown on the platform aligning your hipbones or belly button with the edge of the pad, buttocks tight.



- Keeping your arms straight, place your hands on the pedals until your body is a straight line from head to toe. Squeeze your legs together and scoop your abs away from the pad **(A)**.
- Inhale and, with control, let the pedals rise as you lift your upper body and curl it into a slight back bend **(B)**. Lengthen your spine and lift your chest while keeping your buttocks tight.
- Exhale and press the pedals back down keeping your arms straight, lowering your torso into its starting position. Do 20 reps total (1 rep equals 1 up and 1 down).

## 8 HAMSTRING PULLS

**Pedal:** Single

**Springs:** Light to make it easier; heavy to make it more difficult.

**Benefits:** Tones the hamstrings and buttocks.

**Set Up:** Lie on your back facing the Chair with the arches of your feet on the pedal, knees bent and aligned with your shoulders, and arms out to your sides. Scoop your abs and keep your low back anchored to the mat **(A)**.



- Inhale, then exhale as you press the pedal down to the floor, squeezing the back of your legs and buttocks while keeping your low back connected to the mat **(B)**.
- Inhale and slowly release the pedal back to its starting position while maintaining tension the springs, then exhale and press it down again. Keep the hips still as you complete 20 presses.

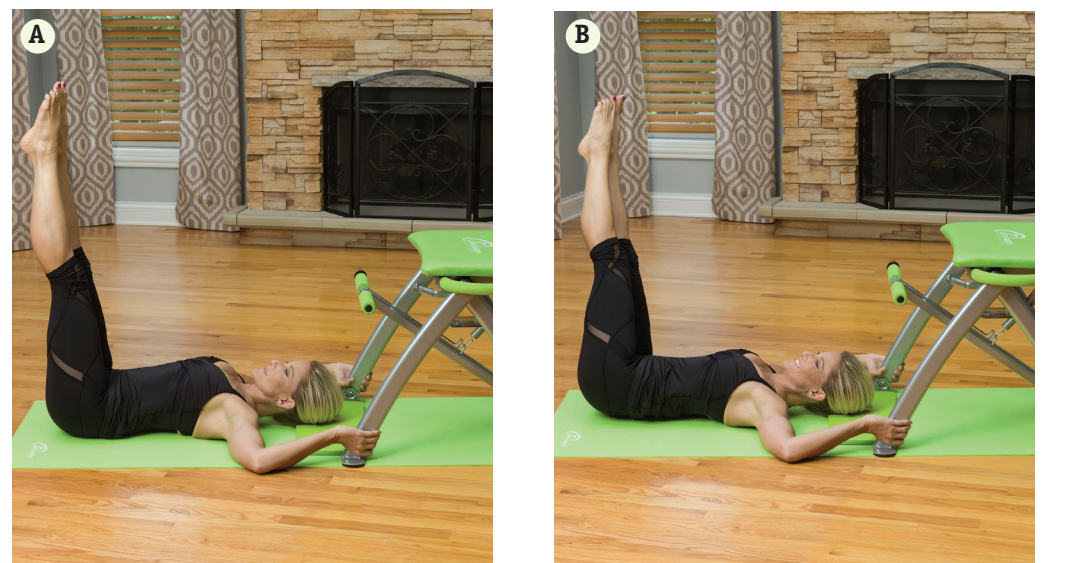
## 9 CORKSCREW

**Pedal:** None

**Springs:** None

**Benefits:** Sculpts the deepest abdominal muscles and waistline.

**Set Up:** Lie on your back facing away from the Chair. Reach your arms overhead and grasp the legs of the Chair, keeping your elbow bent and wide apart.



- Scoop your abs and lift your legs to form a 90-degree angle keeping your ankles together **(A)**. Anchor your low back to the mat; bend your knees slightly if necessary.
- Breathing deeply, begin to draw circles with your feet the size of a beach ball, starting to the right **(B)**. Then circling down, to the left, and back up to your starting position. Do 10 full circles, then switch directions and do 10 more starting to the left.

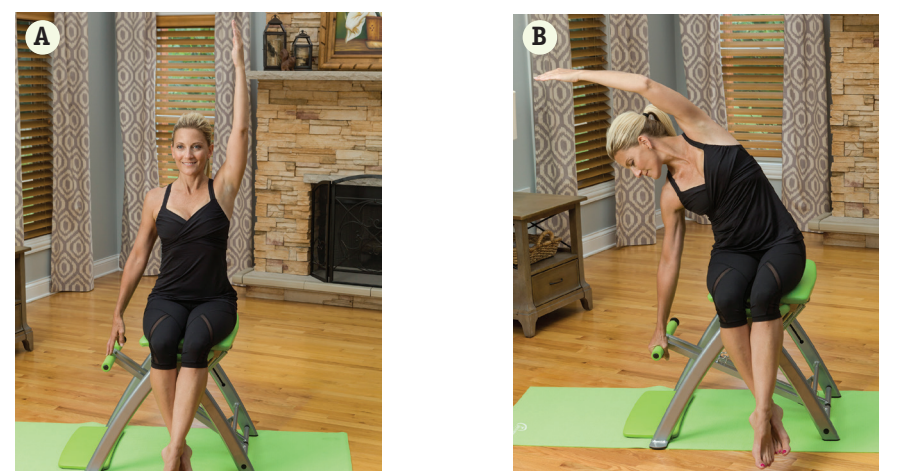
## 10 MERMAID

**Pedal:** Single

**Springs:** Heavy to make it easier; light to make it more difficult.

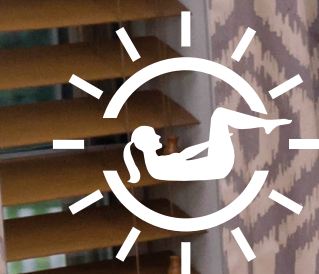
**Benefits:** Sculpts the deepest abdominal muscles and waistline.

**Set Up:** Sit on the edge of the Chair with your right hand on the pedal, knees bent, and legs hanging over the edge of the Chair. Cross your left foot over your right ankle, scoop your abs, and sit up tall.



- Inhale and raise your left arm straight up and close to your ear **(A)**, then exhale and lean your torso to the right as you press the pedal down with your right hand, controlling the movement with the muscles on the right side of your torso **(B)**. Inhale and slowly come back to center, then exhale and repeat. Do 10 reps.
- Come into the lean position **(B)** and pulse the pedal down 10 times, controlling the movement with the muscles on the right side of your torso. Then slowly return to an upright position and remove your hand from the pedal.
- Stand up and walk around to the other side of the Chair to repeat the sequence on the opposite side.





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## quick reference

It's easy to adjust the spring tension and pedal configuration on the Pilates PRO Chair™. Just follow the quick reference guide below:

• **Pedal:** Refers to the bar where your feet should be placed.

**Single Pedal Configuration:** This is when both parts of the pedal are locked together to make one pedal. To unlock the single pedal configuration, push the toggle and turn counter-clockwise.

**Dual Pedal Configuration:** This is when the pedal is unlocked to make two separate pedals. If you are in single pedal configuration, push the toggle in and turn counter-clockwise to release pedals into a dual pedal configuration. To return to a single pedal configuration, push the toggle and turn clockwise.

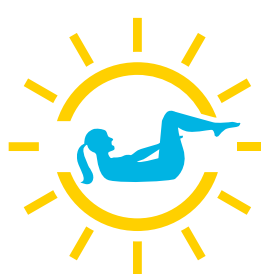
• **Springs:** The difficulty level of each exercise is determined by the spring resistance, so follow our suggestions. To adjust the spring tension, lift up on the pedal and slide the spring either forward or backward and attach to appropriate hooks.

**Single Pedal Configuration:** Attach both springs to the back hooks (the ones further away from the pedal).

**Dual Pedal Configuration:** Attach both springs to the front hooks (the ones closest to the pedal).



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