



# **12 WEEK MOMMY TUMMY PROGRAM**

**CLOSE THE AB GAP &  
STRENGTHEN YOU'RE CORE**

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Hi and welcome to the last 3 weeks of the program, this is where you can see the most results by doing HIIT & Circuit workouts.

## **HOW HARD SHOULD YOU PUSH YOURSELF?**

I would recommend eating a balanced meal and be hydrated before you exercise, I have noticed when clients train hard on empty stomachs they feel dizzy throughout the workout or feel exhausted afterward. Please make sure you are fueling your body before you begin your circuit workouts.

## **WEIGHTS**

Use medium to heavyweights ( 5 pounders -20 pounds) for the workout, you should feel challenged. Also, keep in mind that you will WORK UP TO USING HEAVIER WEIGHTS. I do not expect you to begin using two 10 pounders immediately.

I know you mentioned your knees hurt sometimes when you lunge, be careful with using heavy weights and you may need to begin foam rolling your quads to release tension in your muscles.

The first two rounds you have the most energy, the third round is usually the hardest round to get through mentally because you are so fatigued.

Challenge yourself as much as you want, as long as you can maintain:

- Correct form + tempo
- Properly breath thought each exercise + rep
- No pelvic floor pressure / bearing down throughout
- Core Brace

If I'm struggling to finish the circuit, I will use lighter weights for the round 3 to ensure I complete my rounds but don't "overdue It"

## **FOOD**

You may notice after circuit weight training you may be hungrier than usual, always eat a balanced meal before and after your workout. The more muscle you put on your body

### **3 WEEK GAME PLAN:**

Over the next 3 weeks, you will begin challenging yourself with heavier weights and more cardio. By combining weights and cardio you should be able to lose those love handles.

Each week try and set a new weight milestone, by making small improvements every workout you will gain more strength faster!

## **Workout #1 Core Cardio**

Option to add light ankle weights

1. Pilates Ball 10 + 10x pulses
  - Lows Abs | Reverse crunches
  - Tic Toc (bend knees if you feel the low back)
  - Crunches | Center- Oblique - Oblique
  - Pilates Ball Hovers Knee tap- Down dog- Forward back
2. Plie Punch Holding A Pair of dumbbells. 1 min
  - Bend & stretch
3. Side Plank holding a dumbbell 10| 10x pulses
4. Oblique leg lifts - Laying down 10 | 10xpulses
5. Mountain climbers- 1 min *plank on bench or couch*  
Remove ankle weights
6. Shoulder Taps- 1 min *plank on bench or couch*  
Remove ankle weights

## **Workout #2 Hiit Booty 45 sec per position**

Use 8x pound dumbbells, lower the weight if you cannot maintain form.

1. Booty Band Walkouts - Hold a pair of weights 45secs
2. Booty Band squat to shoulder press (w/squat wedge) 45 sec
3. Goblet Squat | Plie pulses 45 sec
4. Squat alternating leg lift. 45 sec
5. Reverse lunge - Bicep curl to shoulder press 45 sec per leg
6. Tricep kickbacks 45 sec
7. Hip Thrust - Use a weight ( on the ground or couch) 45sec

## Workout #3 Upper Body

1. Kneeling Mid back series. 20x Reps per position
  - ❖ Lat press down | circles | triceps
2. Pushups on knees. 10x +10x pulses
3. Adv bird dog using a dumbbell 10x + 10x pulses
4. Side plank w/weight. 10x + 10x pulses  
Do each side
5. Pilates Ball Hover series. 10x per position
  - ❖ Knee tap | Down dog | Forward back
6. Midback Series on Back using resistance band 10x + 10x pulses
  - ❖ Crunch | Reverse crunch.

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