

21 Day Pilates Ab Workout to Sculpt Your Core

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Program Summary

Workout Duration	21 Days
Target Muscle Group	Abdominals
Exercise Type	Pilates Based
Sessions/Week	7
Duration/Session	15-30 minutes
Difficulty Level	Intermediate
Target Gender	Male and Female
Suitable Age Group	16-35 Years
Equipment Needed	Exercise Mat

Day 1-8-15

Exercises	Activity	Rest
Roll Up	5 sets x 10 reps	30-second
Hundred	100 taps as fast as possible	10-15 secs
Side Plank Hip Taps	4 sets x 10 taps per side	15-30 secs
Plank	4 sets x 45-60 second hold	30-45 secs
Bird Dog Plank	4 sets x 5 reps each side w/ 10-second hold	45-60 secs

Day 2-9-16

Exercises	Activity	Rest
Mountain Climber	5 sets of 20 seconds each	40-second
Double Leg Stretch	5 sets x 10 reps with a 5-second hold	60-second
Double-Leg Toe Taps	100 taps as fast as possible	–
Bicycle Crunches	5 sets of 5-10 reps per side	30-45 secs
Rollover	4 sets of 6-8 reps	30-45 secs

Day 3-10-17

Exercises	Activity	Rest
Crossbody Mt Climber	5 sets of 20 seconds each	40-second
Open Leg Rocker	5 sets x 10 reps with a 5-second hold	60-second
Leg Lifts	5 sets of 10 reps	30-45 secs
Glute Bridges	3 sets of 10 reps with 3-sec hold	30-45 secs
Mat Saw	4 sets of 10 reps on each side	30-45 secs

Day 4-11-18

Exercises	Activity	Rest
Scissors Straight Leg Stretch	4 sets of 10 reps on each side	45-60 secs

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Spine Twist	4 sets x 10 twists per side	45-60 secs
Pilates Mat Jack Knife	6 sets of 6 reps w/ full control	45-60 secs
Lying Side Kick	3 sets of 10 reps per side	30-45 secs
Shoulder Bridge	4 sets of 6-8 reps on each side	30-45 secs

Day 5-12-19

Exercises	Activity	Rest
Teaser	6 sets of 6-8 reps	45-60 secs
Pilates Mat Hip Twist	3 sets x 10 twists per side	45-60 secs
Mat Seal	4 sets of 10-15 seconds hold	45-60 secs
Side Bend	3 sets of 5 reps per side w/ 5-sec hold	30-45 secs
Glute Bridge Hip Openers	3 sets of 6-8 reps on each side	30-45 secs

Day 6-13-20

Exercises	Activity	Rest
Plank with Knee to Elbow	5 sets of 10 reps per side	45-60 secs
Tuck Ups	5 sets of 8-10 reps	45-60 secs
Wall-Assisted Bridges	4 sets of 10-15 seconds hold	45-60 secs
Alternating Heel Taps	3 sets of 5 reps per side w/ 5-sec hold	30-45 secs
Side Plank Hip Taps	3 sets of 6-8 reps on each side	30-45 secs

Day 7-14-21

Exercises	Activity	Rest
High Knees	5 sets of 10 taps per side	45-60 secs
Crossbody Mt. Climber	5 sets of 20-30 seconds	45-60 secs
Marching Glute Bridge	4 sets of 10-12 per side	45-60 secs
Boat Pose	5 sets of 10-15 seconds' hold	30-45 secs
Front Plank Leg Lift	3 sets of 10 lifts on each side	30-45 secs