

Menopause Belly Fix Pilates Core Finishers

Please watch the follow along video demonstrations for an explanation of each exercise.

Finisher 1:

Aim to complete 60 seconds of each movement – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Side Hover with leg lift - Left
Glute Bridge for mobility
Side Hover with leg lift - Right
Superwoman
Lying alternating knee to chest extensions

Finisher 2:

Your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Superwoman – 60 seconds
Glute Bridge with hip thrusts – 60 seconds
Bird Dog Left Leg – 30 seconds
Bird Dog Right Leg – 30 seconds
Elbow Plank – 60 seconds

Finisher 3:

Aim to complete 60 seconds of each movement where noted – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Side Plank with 'Squat' Left
Side Plank with 'Squat' Right
Glute Bridge for mobility
Side Hover Left
Side Hover Right

Finisher 4:

Aim to complete 60 seconds of each movement – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Lying Alternating Knee to Chest Extensions
Elbow Plank – up to 30 seconds
Side Lying Clams Right
Side Lying Clams Left
Chest Openers Right
Chest Openers Left

Finisher 5:

Aim to complete 60 seconds of each movement – your goal should be quality not quantity. If you feel benefit then do more reps if you want. If it feels too hard, then do fewer reps.
Side Plank with Hip Raise Left
Side Plank with Hip Raise Right
Chest Openers Left
Chest Openers Right
Superwoman – legs only