



**PILATES PRO CHAIR™**

BY LIFE'S A BEACH, INC.

Pilates  
PRO  
Chair™  
makeover  
program





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## welcome

I'm David Krieff, I'm the creator of Pilates PRO Chair™ by Life's A Beach, Inc. and I'm really excited to have you on board!



Having lived most of my life near the famous beaches of Miami and Malibu, I've always believed that beaches are not just incredible geographical locations, but also help provide a state of mind. I look around and see sun, surf, and a lot of healthy, toned bodies. It inspires me every day. And that's what I want to share: Inspiration and the knowledge that you too can have a healthy body.

During the past 30 years, I have provided Pilates programs, books, and equipment for people around the globe and it has been a dream come true for me. Now I am happy to share that dream with you with my newest program. I fell in love with Pilates as a young athlete, equestrian and marathon runner. The Pilates technique not only helped me prevent injuries, it also helped me chisel a sculpted and strong body. I was hooked.

My first Pilates product was the Malibu Pilates Chair and fitness program which for the past seven years has helped literally millions of people around the world stay healthy and fit. Now, with the help of technological innovation and new standards for health and fitness, I am offering the unique Pilates PRO Chair™.

This extraordinary piece of equipment helps sculpt long, lean muscles while also strengthening and defining your core. I've developed original programming for the Pilates PRO Chair™ that incorporates "Cardio Blasts" that put you in the calorie-burning zone that will help you shed fat and inches in just days! My Pilates PRO Chair™ program will give you the ultimate tools for achieving a healthy, happy lifestyle in your new Beach Body!



David Krieff,  
President & CEO  
Life's A Beach, Inc.

## getting started

Before you begin your Pilates PRO Chair™ Program, follow these simple tips to get the most out of your workout on the Pilates PRO Chair™.

- **Review:** Pilates PRO Chair™ Assembly and Care Guide for cautions, safety messages, and assembly instructions before using this equipment.
- **Review:** Pilates PRO Chair™ Basic Fundamentals for important tips on form and body positioning.
- **Review:** Pilates PRO Chair™ Dream-Body Basics and Safety Tips and Cautions in this booklet on page 6 to ensure you use your Pilates PRO Chair™ in a safe manner.

## dream body basics

To ensure proper use of the Pilates PRO Chair™, please refer to the Pilates PRO Chair™ Assembly and Care Guide.

*Here are my super successful tips for building a beautiful Pilates PRO Chair™ Body:*

- **Keep your powerhouse engaged at all times:** This means drawing in your belly, squeezing your buttocks, keeping your shoulders back and down, and elongating your spine. Initiate each move from your powerhouse.
- **Control the springs:** This means maintaining constant tension on the springs to ensure proper muscle recruitment.
- **Create smooth transitions:** Keep your movements flowing from one exercise to the next.
- **Breathe deep:** Draw air in through your nose and expel it out through your mouth, drawing your abs in.

## benefits of the Pilates PRO Chair™

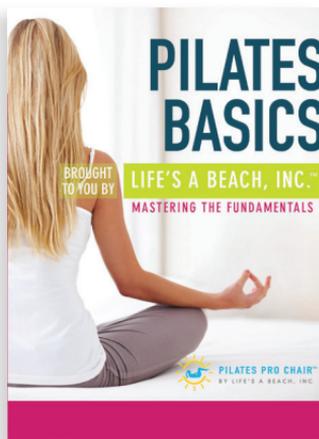
- **Train without strain:** Adjustable springs offer smooth, fluid resistance to users of all levels of fitness ability.
- **Works “the core” in balance:** The Pilates PRO Chair™ allows you to focus on the areas of the body you want to work most —abs, waistline, hips, thighs, and butt. At the same time, you’ll chisel your shoulders and arms, and strengthen your entire back.
- **Provides cardio benefits:** When performed in a quick, flowing motion, the Chair delivers a cardio workout, while strengthening your core.
- **Improves functional strength:** The Chair workout trains your body to perform everyday activities with ease and agility.
- **Provides a full-body workout:** To perform the movements properly, your entire body will be engaged during each exercise.

## the Pilates PRO Chair™ workouts

To keep you motivated along the way to your best body ever, I've created a variety of programs to do on your Pilates PRO Chair™. Lets explore the different workouts found on your DVDs:

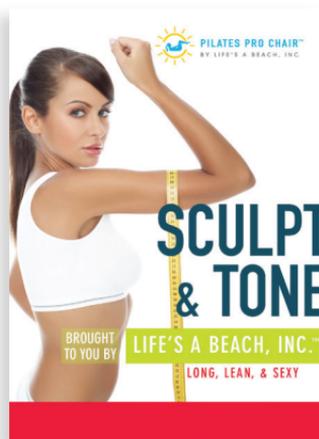
**Pilates PRO Chair™ Basic Fundamentals:** This brief, yet informative video demonstrates proper form and gives step by step instructions on how to utilize my highly effective Pilates Principles during your workout on the Pilates PRO Chair™. This section will also familiarize you with cuing and direction. Review this program when you are just starting out or need a refresher course on proper form.

*Approximately 20 minutes*



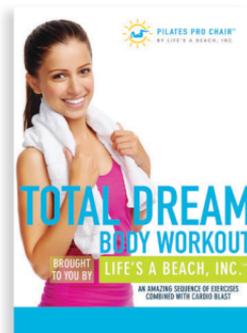
**Sculpt & Tone:** This workout will shape and tone your entire body in just minutes a day. Always running late? Always tight on time? This workout is perfect for when you're in need of a quick "fix" or just want to keep your workout on the shorter side that day. Now you can make over your body in as little as 20 minutes!

*Approximately 32 minutes*



**Total Dream Body Workout:** Pick up the pace by combining challenging cardio segments (called “Cardio Blasts”) with super-effective body sculpting moves. The Total Dream Body Workout will chisel your entire body and tone those trouble spots, while simultaneously delivering a great calorie- and fat-burning workout!

*Approximately 57 minutes*



**Pilates Pro’s Favorite Moves:**

Pilates Pro has selected many of our favorite moves to share with you! This specially sequenced workout focuses on the exercises where we see the biggest payoff-whether it’s high intensity fat burning, deep stretches or fine muscle toning these moves will make you feel the burn!

*Approximately 28 minutes*



bonus!

**Poster Pilates PRO Chair™**

**10 Makeover Moves:**

Pull out and hang this poster near your Pilates PRO Chair™. The exercise sequence can stand alone as its own workout, or use it as a reference guide for proper form and breathing.



## Get to Know the Pilates PRO Chair™ Program

Most of you are going to be brand-new to the Pilates PRO Chair™ program and the Chair itself. The Pilates PRO Chair™ is a derivative of Joseph Pilates' (creator of Pilates) Wunda Chair. Joseph Pilates created his Wunda (German for "wonder") Chair as a sturdy, compact unit to be used in small spaces. (Specifically, he was thinking of New York City apartments, as that is where he lived!) What I've done is build upon Joseph's original concept to make the Pilates PRO Chair™ a modern, sleek, portable, professional piece of equipment for the at-home user. This process took many years and multiple prototypes to perfect and I am so glad to be able to share my creation with you now.

That being said, using the Pilates PRO Chair™ is not like picking up a dumbbell and innately understanding how to do a biceps curl. The Chair is a serious piece of equipment that takes some time to get comfortable on. What I've done is create a week-long program that will acquaint you with the Chair and how to use it. By familiarizing yourself with the movements and how the Chair works, you are setting yourself up for ultimate body transformation success. I've also incorporated a couple days of walking for some extra cardio.

# Get to Know the Pilates PRO Chair™ Program

day **1** Pilates PRO Chair™ Basics followed by Sculpt & Tone.



day **2** 20 minute brisk walk at RPE 5-6\* followed by a full-body stretch.\*\*

day **3** Pilates PRO Chair™ Basics followed by Sculpt & Tone.



day **4** Free day! Relax in a hot tub or steam bath.

day **5** Pilates PRO Chair™ Basics followed by Sculpt & Tone.



day **6** 30 minute brisk walk at RPE 5-6\* followed by a full-body stretch.\*\*

day **7** Rest day

\* Please refer to the RPE chart on page 40 to make sure you are working in your appropriate Rate of Perceived Exertion zone (RPE)

\*\* For stretch recommendations, please see the following pages.

## full body stretch guide

Incorporating a full-body stretch into your fitness program has many benefits. Not only does it keep your muscles and joints flexible. It also may reduce soreness and likelihood of injury, ensuring that your entire body stays balanced and relaxed. Perform this stretch routine after your workout to warm up your muscles. Hold each stretch for 10 to 30 seconds without bouncing and breathe deeply throughout, never holding your breath.

- 1} Standing Low-Back Stretch:** Stand with your feet hip-width apart, knees bent, and hands on your upper thighs. Inhale, then exhale as you draw in your abs and round your back, curling your tail bone under you, and tucking your chin toward your chest. You should feel the stretch in your lower back. Hold for 10 seconds then release. Repeat 5 times.
- 2} Torso Stretch:** Stand tall with your arms reaching straight above your head, hands clasped, and abs pulled in. Inhale, then exhale as you lean your torso to the left, feeling a stretch in the right side of your torso. Hold for 10 seconds, return to center, then repeat on the opposite side. Repeat 5 times on each side.
- 3} Calf and Upper-Hip Stretch:** Stand in a lunge position with your right foot forward and left foot back, toes pointed straight ahead. Place your hands on your right thigh or on a chair for support, then bend your right knee and lunge forward, keeping your left leg straight, and torso upright. Press both hips forward

until you feel a stretch in the front of your left hip and the back of your left lower leg. Hold for 10 seconds, release, and repeat 5 more times. Switch sides and repeat.

- 4) Inverted V Total Body Stretch Sequence:** From an all-fours crouching position, inhale, then exhale as you begin to lift your hips and straighten your arms and legs, coming into an inverted V position (also known as Downward-Facing Dog in yoga). Hold for 10 seconds, breathing deeply, feeling a stretch in the back of your legs, calves, chest, shoulders, and sides of your torso. Bend your knees and release them to the floor, then sit back onto your heels with your arms on the floor and chest resting on your thighs to stretch your low back and shoulders. Hold this position for 10 seconds. Repeat the entire sequence 5 times.
- 5) Lying Spine Twist:** Lie on your back with your legs straight out in front of you. Bend your right knee, grasp the back of your thigh, and bring the knee in toward your chest. Hold for 10 seconds. Then, using your left hand, bring your right knee across your body and down toward the floor. Look over your right shoulder and reach your right arm out to the side, keeping your right shoulder in contact with the floor. Hold for 10 seconds, feeling a stretch in your lower back and hip. Release and come to center, then switch sides. Repeat the sequence 5 times on each side.

## 10-day Pilates PRO Chair™ program

Are you looking to drop a dress size or maybe knock a notch off your belt? Well, this is the program for you! Whether you're wishing to lose "those last few pounds" or have a special occasion to get ready for, the 10-day Pilates PRO Chair™ program will give you the results you need. Now you can do this special program that I created for my studio clients in the privacy of your own home. Best of all, you'll achieve the same super slimming results — guaranteed!

Before getting started, it is extremely important that you get comfortable with the Pilates PRO Chair™ movements and workouts. I strongly suggest following my Get to Know the Pilates PRO Chair™ Program for a week before starting this 10-day program, (page 10). I understand you may want to lose those inches and pounds now — but proper pacing and learning how to use the Chair will provide you with the tools for your success.

Once you have learned the basics of my program, you can move onto the 10-Day Pilates PRO Chair™ Program. It's easy to follow, yet extremely effective. All you have to do is use the calendar on page 16 and the 10-Day Pilates PRO Chair™ Meal Plan to get your desired results. By combining the proper amount of exercise with healthy eating, you have a fail-proof plan to get fit. Remember, following BOTH the workout schedule and eating guide will give you the best body slimming benefits!



# Pilates PRO Chair™ 10-day rotation calendar

day **1** 10-minute warm up walk followed by the Total Dream Body Workout



day **2** 45-min walk/jog at RPE 6-7\* followed by a full-body stretch

day **3** 10-minute warm up walk followed by the Total Dream Body Workout



day **4** 45-min walk/jog at RPE 6-7\* followed by a full-body stretch

day **5** 10-minute warm up walk followed by the Total Dream Body Workout



day **6** 45-min walk/jog at RPE 6-7\* followed by a full-body stretch

day **7** 10-minute warm up walk followed by the Dream Body Workout



day **8** 45-min walk/jog at RPE 6-7\* followed by a full-body stretch

day **9** 10-minute warm up walk followed by the Total Dream Body Workout



day **10** 45-min walk/jog at RPE 6-7\* followed by a full-body stretch

\* See RPE Chart on page 40

# Pilates PRO Chair™ 10-day meal guide

The following meals complement your Pilates PRO Chair™ 10-Day exercise program. Living in Malibu for the past 15 years, I've made a decision to eat healthy, nourishing foods to best serve my metabolism and lifestyle. It's important to eat a balanced diet of proteins, carbohydrates, and fats for maximum energy and weight loss. These delicious dishes will fill you up, provide optimal nutrition, and taste great — all at the same time!

## tips:

**Women:** Follow recipes as written

**Men:** Follow recipes as written except when there is a **RED** portion size recommendation. Make sure you create your meals with the **RED** portion-size recommendations.

**Women/Men:** Take a basic multivitamin/mineral supplement with iron each day. Try to select a brand in which one day's supply is divided into 2-3 tablets/capsules and take one with each meal.

**Women:** In addition, select a supplement that provides 500 mg calcium/100-200 mg magnesium supplement with one meal a day. Do not take the calcium supplement at the same meal as the multivitamin/mineral with iron supplement.

You can take a supplement with a snack.

**Vegetarians:** In general, you can make any meat substitution with tofu. For each 1 ounce of meat, replace with 1.5 oz of tofu.

## breakfast

**Banana Nut Oatmeal**

- 3 tbsp steel-cut oatmeal, raw  
(½ cup cooked)
- ½ cup water
- 1 packet Splenda (*optional*)
- 4 tsp walnuts, chopped (2 tbsp)
- ½ small banana, sliced  
Pumpkin pie spice
- 1 oz extra lean Canadian bacon, grilled  
or microwaved
- 1 cup hot chai, black, green, or herbal tea  
sweetened with 1 packet Splenda (*optional*)
- 2 tbsp fat-free creamer

Combine water, oatmeal, and Splenda (*optional*) in a bowl and cook in microwave over for 2-3 minutes. Garnish with banana slices and walnuts. Sprinkle with pumpkin pie spice.

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Fresh Garden Salad**

- 2 cups Romaine lettuce
- ¼ cup tomato, fresh, diced
- ¼ cup mushrooms, fresh, sliced
- ¼ cup cucumber, fresh, diced
- 2 tbsp fat-free salad dressing
  
- 3 oz albacore tuna, packed in water (4 oz)
- 1 tbsp low-fat mayonnaise
- ½ whole wheat pita
- 2 tbsp avocado, fresh, diced
- 16 ounces water or a non-caloric beverage

Mix tuna and mayonnaise. Stuff into pita and top with avocado.

## mid-afternoon snack

- 1 small (10 oz) iced or hot latte coffee  
(½ cup fat-free milk and 6 oz brewed coffee)
- Cocoa or cinnamon
- Splenda (*optional*)
- ½ cup fat-free cottage cheese
- ¼ cup crushed pineapple, packed in juice,  
drained
- 16 oz water or non-caloric beverage

Sweeten coffee with Splenda (*optional*) and sprinkle coffee with cocoa or cinnamon

## dinner

### **Herb-Scented Halibut and Vegetable Medley**

- 3 oz halibut, grilled or broiled (4 oz)
- 1 lemon, juice
- ½ tbsp olive oil or canola oil
- ½ tsp basil or thyme, fresh or dry
- 1 cup vegetable medley, frozen, steamed

Mix lemon juice, oil, and herbs. Baste fish and broil or grill for 6-8 minutes. Salt and pepper to taste.

### **Salad**

- 2 cups spinach leaves, fresh, raw
- ¼ cup mandarin orange sections,
- 4 tsp almonds, slivers, unsalted
- 2 tbsp fat-free salad dressing

## evening snack

- 1 packet (1 oz) light mozzarella string cheese
- 4 oz fat-free, light cherry-vanilla yogurt (8 oz)
- 16 oz water or a non-caloric beverage

## breakfast

**Southwest Soft Breakfast Taco**

- ½ cup egg substitute
- 3 tbsp pico de gallo, fresh
- 2 tbsp low-fat Monterey jack cheese, shredded
- 1 tbsp fat-free sour cream
- 2 tbsp avocado, fresh, diced
- 1 whole-wheat tortilla
- 1 cup hot chai, black, green, or herbal tea sweetened with 1 packet Splenda (*optional*)
- 2 tbsp fat free creamer

Combine egg substitute with pico de gallo. Scramble this mixture in a non-stick skillet lightly coated with canola oil cooking spray. Fill warm tortilla with egg mixture and top with sour cream, cheese, and avocado. Salt and pepper to taste.

## mid-morning

16 oz water or a non-caloric beverage

## lunch

**Grilled Chicken Caesar Salad**

- 2 cups Romaine lettuce
- 2 tbsp low-fat caesar dressing
- 3 oz chicken breast, grilled, sliced or chopped (4 oz)
- 2 tbsp Parmesan cheese, fresh, grated

**Minestrone Soup**

- 1 cup minestrone soup
- 2 bread sticks, plain (4)
- 16 oz water or a non-caloric beverage

## mid-afternoon snack

- 1 celery stalk (2)
- 1 wedge light-Laughing Cow cheese, plain or herb (2 wedges)
- 10 cashew nuts
- 16 oz water or a non-caloric beverage

Fill stalk with cheese.

## dinner

### Pastrami and Provolone Sandwich

- 2 slices light whole wheat bread
- 2 oz lean pastrami, packaged deli meat (4 oz)
- 1 slice light provolone cheese
- 1 tbsp low-fat mayonnaise
- 1 tbsp horseradish sauce
- 1 leaf lettuce
- 1 slice tomato
- 16 oz water or a non-caloric beverage

Blend horseradish into mayonnaise for a little kick.

## evening snack

- 1 small apple, sliced
- Cinnamon or apple pie spice
- 1 tbsp reduced-fat peanut butter
- 16 oz water or a non-caloric beverage

Sprinkle apple slices with spice and dip into peanut butter.

## breakfast

**Muffin and Melon Morning**

- ½ whole wheat English muffin
- 1 tbsp apple butter (2 tbsp)
- 1 tbsp reduced-fat peanut butter
- ½ cup honeydew melon, diced
- ½ cup fat-free cottage cheese
- 1 cup hot chai, black, green, or herbal tea sweetened with 1 packet Splenda (*optional*)
- 2 tbsp fat-free creamer

Toast muffin and top with peanut butter and apple butter.

Top cottage cheese with honeydew.

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Turkey and Cheddar Pita**

- ½ whole wheat pita
- 3 oz turkey breast deli meat (4 oz)
- 1 slice low-fat cheddar cheese
- 1 tbsp low-fat mayonnaise
- 1 tbsp Dijon mustard
- 1 lettuce leaf
- 1 slice tomato
- 16 ounces water or a non-caloric beverage

## mid-afternoon snack

- 1 packet (1 oz) light mozzarella string cheese
- 7 small olives
- 16 oz water or a non-caloric beverage

## dinner

### Zesty Asian Slaw with Chicken

- 3 oz chicken breast, grilled, sliced or chopped (4 oz)
- 1½ cups cabbage, fresh, shredded
- ½ cup carrots, fresh, shredded
- ¼ cup green onion, tops, fresh
- 1 tsp ginger, minced, fresh or jar
- 2 tbsp low-sodium soy sauce
- 2 tbsp rice wine vinegar
- 2 tsp sesame oil
- Red pepper flakes to taste
- 1 packet Splenda (optional)
- 16 oz water or a non-caloric beverage

Combine chicken, cabbage, carrots, and green onion in a bowl. Whisk garlic, ginger, soy sauce, rice-wine vinegar, sesame oil, red pepper flakes, and Splenda (optional) and toss into a cabbage mixture.

## evening snack

### Banana Delight Shake

- 6 oz fat-free, light banana cream yogurt (8 oz)
- 2 tbsp vanilla soy
- 1 tsp flaxseed oil
- Nutmeg
- 1 cup water
- ½ cup crushed ice
- 1 packet Splenda (optional)
- 16 oz water or a non-caloric beverage

Blend yogurt, protein powder, oil, water, Splenda (optional) and crushed ice. Sprinkle nutmeg onto shake.

## breakfast

**Vanilla Yogurt, Blueberry Parfait**

- 6 oz fat-free, light vanilla yogurt (8 oz)
- ¼ cup fat-free cottage cheese (½ cup)
- ¼ cup blueberries, fresh or frozen
- 2 tbsp low-fat or fat-free granola
- 2 tbsp almonds, slivers, unsalted
- 1 cup hot chai, black, green, or herbal tea sweetened with 1 packet Splenda (optional)
- 2 tbsp fat-free creamer

Blend cottage cheese until creamy and stir into yogurt. Alternate layering yogurt mixture, blueberries, granola, and almonds to create your parfait.

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Baja Shrimp Cocktail**

- 12 shrimp, large, boiled
- ¼ cup cocktail sauce
- Tabasco to taste
- ¼ cup pico de gallo, fresh
- 2 tbsp avocado, fresh, diced
- Lemon juice, fresh
- 1 cup vegetable soup (broth-based)
- 16 ounces water or a non-caloric beverage

Combine cocktail sauce, Tabasco, and pico de gallo. Top with avocado and spritz with lemon juice.

## mid-afternoon snack

- 1 small chai tea (or coffee) latte (fat-free milk) with Splenda
- 1 packet (1 oz) light mozzarella string cheese
- 16 oz water or non-caloric beverage

## dinner

### Spicy Maple-Glazed Salmon

- 3 oz salmon, fresh, broiled (4 oz)
- 2 tsp paprika
- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp low-calorie maple-flavored syrup
- 1 tsp balsamic vinegar
- Salt or kosher salt
  
- 6 spears asparagus, fresh or frozen, steamed.
- Lemon juice, fresh, spritz on fish and asparagus

Combine paprika, chili powder, and cumin. Rub salmon with paprika mixture. Salt fish and broil for 7 minutes. Combine maple syrup and balsamic vinegar. Drizzle on fish and broil for 1 minute more.

### Mixed Field-Green Salad

- 2 cups mixed field greens
- 1 tbsp walnuts, chopped, unsalted (2 tbsp)
- ¼ pear, fresh, thinly sliced
- 1 tbsp blue cheese, crumbled
- 1 tbsp fat-free herb vinaigrette
- 16 oz water or non-caloric beverage

## evening snack

- ⅛ cantaloupe, fresh, sliced
- 1 oz lean, smoked honey ham (2 oz)
- 16 oz water or a non-caloric beverage

Wrap cantaloupe with ham.

## breakfast

**Bagel & Lox**

- ½ whole wheat bagel
- 2 oz salmon, smoked
- 1 tbsp low-fat cream cheese
- 1 sliced red onion
- 1 sliced tomato, fresh
- 1 tsp capers
- Lemon juice, fresh
- 1 cup hot chai, black, green, or herbal tea  
sweetened with 1 packet Splenda (*optional*)
- 2 tbsp fat-free creamer

Toast bagel, spread with cream cheese and top with onion, tomato, and capers. Spritz with lemon juice.

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Bacon, Avocado and Tomato Sandwich**

- 2 slices light whole wheat bread
- 2 slices extra-lean turkey bacon, crisped in microwave (2 minutes)
- 1 tbsp low-fat mayonnaise
- 1 slice tomato, fresh
- ¼ avocado, fresh, sliced
- 10 grapes
- 16 ounces water or a non-caloric beverage

Toast bread. Cover bacon with paper towel and crisp bacon in microwave for 2 minutes. Spread mayonnaise on bread and layer with bacon, avocado, and tomato.

## mid-afternoon snack

- ½ cup fat-free cottage cheese
- ¼ cup pineapple chunks, fresh or packed in juice
- 1 tbsp almonds, slivers, unsalted
- 16 oz water or non-caloric beverage

Top cottage cheese with pineapple and almonds.

## dinner

### Mediterranean Meal

- ½ whole wheat pita
- 3 oz chicken breast
- 2 tbsp hummus
- 2 tbsp reduced-fat or fat-free feta cheese, crumbled
- 5 black olives, pitted
- 1 leaf lettuce
- 1 slice tomato
- 16 oz water or non-caloric beverage



## evening snack

- 2 oz smoked turkey, lean, deli (4 oz)
- 2 wedges light Laughing Cow cheese, plain or herb
- ¼ apple, sliced (1 small apple)
- 16 oz water or a non-caloric beverage

Spread cheese on each apple slice and wrap with turkey.

## breakfast

**Bacon and Egg English Muffin**

- ½ whole wheat English muffin
- 1 tbsp low fat mayonnaise
- 1 oz Canadian bacon, grilled or microwaved (2 oz)
- 1 whole egg, large, poached
- 1 cup hot chai, black, green, or herbal tea  
sweetened with 1 packet Splenda (optional)
- 2 tbsp fat-free creamer

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Latin Coleslaw**

- 3 oz chicken breast, grilled, sliced or  
chopped (4 oz)
- 1½ cups cabbage, fresh, shredded
- ½ cup carrots, fresh, shredded
- 2 tbsp cilantro, fresh, chopped
- ¼ cup red onion, chopped
- ¼ cup mango, chopped
- ¼ cup lime juice, fresh
- 1 tsp garlic, fresh, minced
- ½ tsp cumin
- ¼ tsp chili powder
- Tabasco (optional)
- 1 packet Splenda (optional)
- 1 tbsp canola oil
- Salt and pepper to taste
- 16 oz water or non-caloric beverage

Combine chicken, cabbage, carrots, onion, mango, and cilantro in a bowl. Whisk garlic, cumin, chili powder, lime juice, oil, Splenda (optional), and tabasco (optional) and toss into cabbage mixture.

## mid-afternoon snack

- 1 wedge light Laughing Cow cheese, plain or herb
- ½ whole wheat bagel (1 oz), toasted
- 16 oz water or non-caloric beverage

## dinner

### Pasta with Turkey Sausage

- ½ cup whole wheat pasta, cooked
- 3 oz extra lean turkey sausage, fully cooked, sliced or diced (4 oz)
- ½ cup low-fat pasta sauce, tomato based
- 1 tbsp parmesan cheese, shredded

Heat sausage and sauce in microwave or skillet. Herbs of choice may be used to taste for the sauce.

### Salad

- 2 cups romaine lettuce, chopped
- ¼ cup tomato, fresh, chopped
- ¼ cup cucumber, fresh, chopped
- ¼ cup mushrooms, fresh, sliced
- 2 tbsp low fat vinaigrette dressing
- 16 oz water or non-caloric beverage

## evening snack

- 4 oz fat free light raspberry yogurt (8 oz)
- 1 tbsp walnuts, chopped (4 tsp)
- 1 packet (1 oz) light mozzarella string cheese
- 16 oz water or a non-caloric beverage

Top yogurt with walnuts.

## breakfast

**Waffles and Sausage**

- 1 whole grain waffle, frozen, toasted
- ¼ cup strawberries, fresh, sliced
- 2 tbsp low calorie maple flavored syrup
- 1 tbsp walnuts, chopped
- 2 links extra-lean breakfast sausage, cooked
- 1 cup hot chai, black, green, or herbal tea sweetened with 1 packet Splenda (*optional*)
- 2 tbsp fat-free creamer

Toast waffle and top with strawberries, syrup, and walnuts. Heat links in microwave.

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Open-Faced Barbecue Beef Sandwich & Slaw**

- 3 oz lean beef, chopped or sliced (4 oz)  
(can substitute turkey or chicken breast)
- 2 tbsp barbecue sauce
- ½ whole wheat hamburger bun  
(or 1 light hamburger bun)
- 1½ cups cabbage, fresh, shredded
- ½ cup carrots, fresh, shredded
- 2 tbsp green onion tops, fresh, chopped
- 2 tbsp canola oil
- 2 tsp low-fat mayonnaise
- 1 tbsp cider vinegar
- Splenda (*optional*)
- 16 ounces water or a non-caloric beverage

Mix beef with barbecue sauce and top bun. Combine cabbage, carrots and green onions in a bowl. Separately whisk oil, mayonnaise, vinegar, and Splenda (*optional*). Salt and pepper to taste.

## mid-afternoon snack

10 oz iced or hot latte with nonfat milk  
 Cinnamon or nutmeg, sprinkle  
 Splenda (*optional*)  
 5 baby carrots, fresh  
 ¼ cup sugar snap peas, fresh  
 ¼ cup fat-free herb vegetable dip  
 16 oz water or non-caloric beverage

## dinner

### Teriyaki-Glazed Salmon

3 oz salmon, fresh, broiled (4 oz)  
 1 tbsp rice wine vinegar  
 1 tbsp low-sodium soy sauce  
 1 tsp sesame oil  
 1 tsp ginger, minced, fresh or jar  
 1 tsp garlic, minced, fresh or jar  
 Splenda (*optional*)  
 1 cup Asian vegetable medley, frozen,  
 steamed or microwaved  
 16 oz water or non-caloric beverage

Whisk together vinegar, soy sauce, oil, ginger, garlic, and Splenda (*optional*). Baste salmon with vinegar mixture. Let sit for 5-10 minutes to marinate. Broil for 8 minutes.

## evening snack

4 oz fat-free, light banana cream yogurt (8 oz)  
 ½ small banana  
 ¼ cup fat free cottage cheese  
 Cinnamon or pumpkin pie spice  
 16 oz water or a non-caloric beverage

Cream cottage cheese and blend into yogurt. Top with banana slices. Sprinkle with cinnamon or pumpkin pie spice to taste.

## breakfast

**Pumpkin and Banana French Toast**

- ½ cup egg substitute
- 1 packet Splenda
- ¼ tsp pumpkin pie spice
- 2 slices light whole wheat bread
- ½ small banana, sliced
- 2 tsp walnuts, chopped (4 tsp)
- 2 tbsp low-calorie maple flavored syrup
- 1 cup hot chai, black, green, or herbal tea sweetened with 1 packet Splenda (optional)
- 2 tbsp fat-free creamer

Combine egg substitute with Splenda and pumpkin pie spice. Dip both sides of the bread into the egg mixture. On a griddle, cook both sides of the bread on medium to high heat for 5 minutes. Top with banana, walnuts, and syrup.

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Turkey and Cheddar Pita**

- ½ whole wheat pita
- 3 oz chicken breast, chopped (4 oz)
- 6 seedless grapes, halved
- ½ small apple, fresh, diced
- ¼ cup celery, fresh, chopped
- ¼ cup fat free yogurt, plain
- ¼-½ tsp curry powder
- 1 tbsp lemon juice, fresh
- ¼ tsp Dijon mustard
- 2 tsp almonds, slivers, unsalted (4 tsp)
- 1 leaf lettuce
- 16 ounces water or a non-caloric beverage

Combine chicken, grapes, apple, and celery in a bowl. Whisk yogurt, curry powder, lemon juice, and mustard and toss into chicken mixture. Serve over lettuce leaf and top with almonds. Salt and pepper to taste.

## mid-afternoon snack

- 1 slice light provolone cheese
- 2 oz lean pastrami, packaged deli meat
- ½ small pear, sliced (1)
- 16 oz water or a non-caloric beverage

Wrap pear slices with pastrami and provolone.

## dinner

### Roast Beef and Saucy Asparagus

- 3 oz lean roast beef with au jus (purchase prepared) (4 oz)
- 7 spears asparagus, fresh, steamed
- ¼ cup fat-free yogurt, plain
- 1 tbsp lemon juice, fresh
- 1 tbsp crumbled blue cheese
- 1 tsp green onion tops
- ½-1 tsp fresh minced garlic (to taste)
- 16 oz water or non-caloric beverage

Microwave yogurt and blue cheese for 30 seconds. Remove and whisk. Heat for another 30 seconds. Remove and whisk again. Whisk in lemon juice, onions, and garlic. Drizzle over asparagus. Salt and pepper to taste.

## evening snack

### Tropical Protein Shake

- 6 oz fat free, light coconut-cream pie yogurt (8 oz)
- 2 tbsp vanilla soy protein powder
- 1 tsp flaxseed oil
- 1 cup water
- ½-1 cup crushed ice
- 1 packet Splenda (optional)
- 16 oz water or a non-caloric beverage

Blend yogurt, protein, oil, water, Splenda (optional), and crushed ice.

## breakfast

**Strawberry-Walnut Oatmeal**

- 3 tbsp steel-cut oatmeal, raw  
( $\frac{1}{2}$  cup cooked)
- 1 tbsp golden raisins
- $\frac{1}{2}$  cup water
- 1 packet Splenda (*optional*)
- 2 tsp walnuts, chopped (**1 tbsp**)
- 4 strawberries, freshed, sliced
- Cinnamon
- 2 extra lean breakfast sausage links, grilled  
or microwaved
- 1 cup hot chai, black, green, or herbal tea  
sweetened with 1 packet Splenda (*optional*)
- 2 tbsp fat-free creamer

Combine water, oatmeal, raisins, and Splenda (*optional*) in a bowl and cook in microwave over for 2-3 minutes. Garnish with strawberries and walnuts. Sprinkle with cinnamon.

## mid-morning

- 16 oz water or a non-caloric beverage

## lunch

**Tuna Sandwich**

- 2 slices light whole wheat bread
- 1 egg, boiled and chopped
- 2 oz tuna, packed in water (**3 oz**)
- 2 tbsp low-fat mayonnaise
- 2 spears kosher dill pickle
- 1 cup low-fat barley soup
- 16 ounces water or a non-caloric beverage

Mix egg, tuna, and mayonnaise. Salt and pepper to taste.

## mid-afternoon snack

- ¼ cup fat-free cottage cheese (½ cup)
- ¼ cup pineapple chunks, fresh or canned
- 1 tbsp blueberries, fresh or frozen (¼ cup)
- 2 tbsp low-fat or fat-free granola
- 16 oz water or a non-caloric beverage

Blend pineapple in cottage cheese. Top cottage cheese mixture with blueberries and granola.

## dinner

### Greek Chicken Salad

- 3 oz chicken breast, grilled or broiled (4 oz)
- 2 cups fresh spinach, raw
- 2 tbsp reduced fat or fat free feta cheese, crumbled
- 3 sun-dried tomatoes, sliced (6)
- 2 tsp extra-virgin olive oil
- ½-1 tsp fresh minced garlic (to taste)
- 2 tbsp cider vinegar
- 3 black pitted olives
- ½ tsp low-sodium soy sauce
- 16 oz water or non-caloric beverage

Mix oil, garlic, soy sauce, and vinegar and toss into spinach. Top spinach with tomatoes, olives, cheese, and chicken.

## evening snack

- ½ small apple, sliced (1)
- 1 tbsp reduced-fat peanut butter
- Cinnamon
- 16 oz water or a non-caloric beverage

## breakfast

### Florentine Omelet

- ½ cup egg substitute
- 1 tsp extra-virgin olive oil
- 2 tbsp red onion, chopped
- 3 sun dried tomatoes, sliced
- ¼ cup fresh spinach leaves
- 2 tbsp reduced-fat or fat-free feta cheese, crumbled
- ½ cup fresh fruit medley, chopped or sliced (mix 2-4 fresh fruits)
- ½ fresh grapefruit
- 1 cup hot chai, black, green, or herbal tea sweetened with 1 packet Splenda (*optional*)
- 2 tbsp fat-free creamer

Lightly coat a small non-stick skillet with oil. Briefly sauté oil, onion, tomatoes, and spinach for about 2 minutes. Whisk egg substitute in a bowl and add to skillet. Stir all ingredients together and cook at medium heat for 5 minutes. Loosen edges of omelet and serve.

## mid-morning

16 oz water or a non-caloric beverage

## lunch

### Open-Faced Bacon Avocado Cheeseburger

- ½ whole-wheat hamburger bun (or 1 reduced calorie hamburger bun)
- 3 oz extra lean beef patty or turkey (4 oz)
- 2 slices extra-lean turkey bacon, cooked
- 2 slices avocado
- 2 tsp dijon mustard (*optional*)
- 1 tbsp low-fat mayonnaise (*optional*)
- 1 tbsp ketchup (*optional*)
- 16 oz water or a non-caloric beverage

Cook meat in skillet. Add cooked bacon. Top bun with any or all condiments listed, meat patty, bacon, and avocado. Salt and pepper to taste.

## mid-afternoon snack

### Healthy Trail Mix

- 3 tbsp low-fat or fat-free granola
- 1 tbsp golden raisins
- 1 tbsp walnuts, chopped
- 16 oz water or non-caloric beverage

Mix granola, raisins, and walnuts.

## dinner

### Seared Ahi Tuna over Ginger-Cilantro Field Greens

- 3 oz ahi tuna (4 oz)
- 1 tsp extra virgin olive oil
- 1 tsp canola oil
- 1 tsp minced ginger
- ¼ cup chopped cilantro
- 1 tbsp low-sodium soy sauce
- 1 packet Splenda
- ¼ cup water
- 2 cups mixed field greens (or romaine)
- ¼ cup Mandarin orange sections
- ¼ cup hearts of palm, sliced
- 2 tbsp almond slivers, unsalted
- 16 oz water or non-caloric beverage

Rub ahi fillet with olive oil, salt, and pepper. Cook 2-3 minutes on each side. Sauté ginger in oil for one minute. Add cilantro; repeat. Add soy sauce, splenda, and water; repeat. Garnish lettuce with oranges, hearts of palm, and avocado. Lay tuna fillet over greens and drizzle with cilantro-ginger mixture. Sprinkle almonds, salt, and pepper to taste.

## evening snack

- 4 oz fat-free, light lemon chiffon yogurt (8 oz)
- 1 packet (1 oz) light mozzarella string cheese
- 16 oz water or a non-caloric beverage

# Pilates PRO Chair™

## total-body transformation programs

Get visible results fast with my firming and toning programs that will not only boost your energy level, but also give you the body of your dreams! Just look on the following pages for the perfect program that fits your lifestyle.

### 1) **Maintain**

Once you have mastered proper form and are looking to maintain your fitness level, this program will keep you looking and feeling your best!

monday: 10-minute warm up walk at RPE 5-6\* followed by the Total Dream Body Workout

tuesday: 30-minute morning walk at RPE 5-6\* and 30 minute evening run at 6-7\* RPE

wednesday: 20-minute brisk walk followed by Pilates Pro's Favorite Moves

thursday: Rest day or 30-minute easy walk followed by a 10-minute full-body stretch

friday: 20-minute brisk walk followed by Pilates PRO Chair™ 10 Makeover Moves Poster sequence

saturday: 45-minute hike or walk at RPE 6-7\* followed by a 10-minute full-body stretch

sunday: Rest day

\* See RPE chart on page 40

## 2) Mix it up!

Consistency and variety are the keys to achieving your maximum potential. When you vary your workouts, your body must work harder to adapt, giving you the best results. Below are two different programs that you can mix and match to your liking.

### Program One:

| DAY 1   | DAY 2   | DAY 3   | DAY 4    | DAY 5   | DAY 6  | DAY 7    |
|---|---|---|----------|---|--|----------|
| 20-min brisk walk followed by Pilates Pro's Favorite Moves<br> | 45-min walk/jog at RPE 6-7* followed by a full-body stretch | 20-min brisk walk followed by 10 Make-over Moves poster sequence<br> | Free day | 10-min warm up walk followed by Total Dream Body Workout<br> | 45-min hike/run followed by a slow full-body stretch | Rest day |

### Program Two:

| DAY 1   | DAY 2   | DAY 3   | DAY 4    | DAY 5   | DAY 6  | DAY 7    |
|---|---|---|----------|---|--|----------|
| 10-min warm up walk followed by Total Dream Body Workout<br> | 45-min walk/jog at RPE 6-7* followed by a full-body stretch | 30-min brisk walk followed by Pilates Pro's Favorite Moves<br> | Free day | 10-min warm up walk followed by Total Dream Body Workout<br> | 45-min hike/run followed by a slow full-body stretch | Rest day |

\* See RPE chart on page 40

## 3) Short on time

Even if you have a very busy schedule you can still stay in great shape. All it takes is 20 minutes a day to keep you looking and feeling your best.

**Monday & Wednesday:** Sculpt & Tone Workout

**Friday:** Pilates Pro's Favorite Moves

**Tuesday & Thursday:** Squeeze in a quick 20-minute brisk walk at lunchtime and an energetic 20-minute walk at night.

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## RPE chart

### Utilize Your Personal Training Zone For Maximum Results

The Rate of Perceived Exertion, or “Talk Test,” is an easy way to monitor the intensity of your cardio workout. The rating, which is based on your age and fitness level is determined by how hard you perceive your effort to be while exercising. During cardiovascular workouts, use the following chart to monitor your intensity level. It will let you know when it’s time to slow down or pick up the pace.

Depending on your fitness level, the Pilates PRO Chair™ Programs will deliver a steady light-to-moderate cardiovascular workout. If you are struggling through the pumping action, change the spring tension to make the exercise easier, or stop to catch your breath, then start again. The more you practice, the more your body will adapt and the workouts will become easier.

### The RPE Chart

1-2  
super easy

You can carry on a conversation with little to no effort.

3-4  
easy

You can maintain this level with minimal effort.

5-6  
moderate

Maintaining this level requires some effort.

7-8  
difficult

Maintaining this level requires more effort.

8-9  
peak

No talk zone. Maintaining this level requires maximum effort.

## How to Use Your RPE Chart:

During your cardiovascular workouts, follow this easy guide:

|                 |         |                        |
|-----------------|---------|------------------------|
| warm up:        | RPE 3-4 | "Take-it-Easy" Zone    |
| cardio section: | RPE 6-7 | "Go For the Burn" Zone |
| cool down:      | RPE 3-4 | "Take-it-Easy" Zone    |

### cardio suggestions:

Here are a few fat-blasting cardio options to choose from.

**Walk:** This low-impact activity can be done anywhere, anytime. You can walk as a morning pick-me-up, during your lunch break, or after dinner to help digest your meal.

**Walk/Jog:** Pace yourself and alternate with a 1-minute brisk walk at RPE 5-6\* with a 1-minute jog at RPE 6-7\*

**Run:** Pace yourself with a steady run at RPE 6-7\*. Maintain proper posture by staying upright, abs drawn in tight, and elbows bent at 90°.

**Hike:** Wear proper footwear and bring along a buddy if you plan to venture onto unfamiliar hiking trails. Aim for a brisk pace of RPE 5-6\* rather than a leisurely ramble.

**Hike/Run:** This calorie torching activity combines running on flat surfaces and hiking on rough terrain for a cardiovascular challenge. Alternate between RPE 5-6\* during the hike and RPE 6-7\* during the run.

\* See RPE chart on page 40

## cardio workout tips

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Wear proper, sturdy footwear during cardiovascular activities.

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Always begin your workouts with a 5-minute warm-up walk at RPE 3-4 and end with a 5-minute cool-down walk at RPE 3-4. Finish with a slow stretch.

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Stay hydrated by drinking water before, during, and after your workout.

## free day activities

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Treat yourself to a massage or facial.

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Soak in a hot bubble bath.

---

Sit in a steam sauna or Jacuzzi.

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Light an aromatherapy candle and read your favorite book.

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Do a slow full-body stretch for 20-minutes.





**PILATES PRO CHAIR™**

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