

PILATES EXERCISE SHEET 1

Set-Up

Feet hip width, toes forward, spread into whole of each foot, even weight both sides. Soften knees, move pelvis through tilts forward and back, find neutral. Lengthen spine, roll shoulders naturally back and down, slide shoulder blades into 'pockets', thumbs trace seam in trousers. Draw up through top of head, lengthen neck and eyes find natural horizon.

Gently contract core (through belt or pelvic floor to 30%), find lateral breath.

Standing Roll-down

Inhale, draw chin to throat, roll down slowly through whole spine until fingers find floor, inhale at bottom then exhale to slowly roll back up. Keep knees bent throughout. Repeat 6 - 8 times.

Band option - place band under feet and use for extra resistance.

Hundred

Lay on back, knees bent. Find neutral and set core. Raise 1 x leg to 90 degrees, then other. Maintain neutral, core and shoulders in held position for 6 - 8 breaths. (Option release 1 x leg if unable to maintain).

Side Kick

Side lying position, straight line, shoulder and hips stacked, head supported, neck long. (Raised base option.) Set core and find balance with support arm removed. Top leg scissor, 10 - 16 reps, exhaling on lift. DO BOTH SIDES!!

Swan Dive

Lay front down, arms into 'capital E' position, toes together, heels rolled out. Shoulder blades down, contract core to feel hollow underneath abdomen. Slowly peel front rib cage from floor, maintaining stable neck position. Repeat 10 -16 times.

Stretch back to release.

Shoulder Bridge

Lay on back with knees bent, shoulder blades down, neutral spine, set core. Pelvic tilt on in-breath, release to neutral on exhale. Repeat then peel slowly through spine, one vertebra at a time. Hold at the top to inhale, then slowly return on exhale. Try to work each vertebra sequentially. Repeat 8 - 10 times.

Release back, cat/camel stretch spine the work back to feet via roll-up.