

## **PILATES EXERCISE SHEET 2**

### **Set-Up**

Lay on back with knees bent and feet hip width apart, toes forward, spread into whole of each foot, even weight through the back of both sides of the body. Move pelvis through tilts forward and back, find neutral. Lengthen up through spine, shoulders drawn down away from the ears, slide shoulder blades into 'pockets'. Lengthen through the back of the neck and soften the chin towards the throat. Arms slide down either side of the ribs, little fingers into the ground - thumb on top.

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

### **Arm Circles**

Raise arms and line up with shoulder joints palms face inwards, back of shoulders into the ground. Imagine middle finger on each hand is a pencil and slowly draw circle outwards from both shoulders at the same time. Exhale to circle out, inhale to return. Circles start at the size of a teacup, gradually progressing wider if neutral spine is maintained and shoulders remain stable. 8 - 10 repetitions one way, then repeat in the opposite direction, starting small again.

### **Side Bend (Side Plank)**

Line up side of hip with back edge of mat, bend knees and bring forward, creating 45 degree angle from hip, feet together also lined up with back edge of mat. Slide elbow into ground, directly under the shoulder, elbow in line with back edge of mat, lower arm forward with hand turned onto it's side. Align head and neck with the rest of the spine, connect through core. Top Arm arcs from side of the top hip, through to side of the head on exhale, returning on inhale. Shoulders remain in relaxed, down position and spine in neutral, 8 - 10 repetitions.

### **Spine Twist**

Sit with legs in front, knees open and bottoms of feet together, heels drawn away from groin. Lengthen spine up from the base, find neutral and connect through the core. Draw shoulder blades down and bring fingers to meet with elbows released out to the side of the ribs, thumbs connect into the mid-line of the chest. Exhale to twist to one side, inhale to return to centre. Repeat alternating sides, 8 - 10 repetitions. Maintain alignment between nose and midline of chest, moving from the middle of the spine.

### **Side Bend (other side)**

### **Roll Up**

Sit at front of mat, spine in neutral, core connected, shoulder blades down, arms extended forward in line with shoulders. Inhale as tilt back into pelvis, exhale to return to upright. Inhale into tilt, exhale to slowly roll all the way down into the spine, one vertebra at a time. Inhale as reach arms overhead to ground, exhale bring arms back over and slowly peel back from the floor to return to upright seated position. 6 - 8 repetitions. (If unable to get back up from full roll, stay in partial range.)

### **Swimming**

Lay on front, forehead resting on back of hands, shoulder blades drawn down into back. Connect through core creating gentle 'space' under belly. Lengthen back through hip to lift one leg a few inches from the floor. Alternate sides keeping both front hip bones in contact with the floor and back in stable position. 8 - 10 repetitions.

### **Leg Pull Prone (Front Plank)**

Lay on front resting into forearms with elbows directly under shoulders, hands turned onto their sides. Shoulder blades drawn down, head lifted, chin gently drawn back to throat. Gently drop pubic bone into floor to lengthen lower spine then connect core creating 'space' under belly. Lift hips and draw hips back slightly to align with shoulders. Hold lifted position for 6 - 8 breaths (can remain with hips on the ground in set-up position as alternative).

### **Scissors**

Lay on back with neutral spine set, core connected. Raise one leg to 90 degrees, aligning knee with hip, ankle parallel to floor. Take the raised foot towards the floor and back, working from the hip joint. Keep the angle of the knee constant and weight even through both back pelvic bones. Repeat 8 - 10 repetitions, do both legs.

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