

Pilates
Home program
Beginner/Intermediate Floor exercises

Pilates is a mind/body exercise, constantly remind yourself to focus, control your movement, make fluid movement, focus on lengthen with your arms and legs.

Maintain:

Neutral spine!!

Pull naval to spine, don't flatten the natural lumbar curve, shoulders pull down away from ears, "put shoulder blade in your back hip pocket", neck is aligned with the spine, keep the rib cage pulled down. The neck should be a natural extension out of the spine don't tip too far forward, and don't strain with the chin reaching the chest, think of holding a tennis ball between the chin and chest, lift from the sternum, look to the belly.

Exercises:

1. Hundred

Supine position(back), legs bent at knee 45° to hip, arms are at your side, reach the finger tips long, Lift with the abdominals, look into navel, squeeze ribs toward hips, relax neck, shoulders down away from ears. Pump the palm of the hand down 5 x's and inhale, 5 x's and exhale. Repeat 10

2. Roll Up:

Begin lying down, lift arms to ceiling, pull shoulders down, lift chin to chest inhale, begin rounding up as you exhale and fold forward over the toes. Pull back, navel to spine and round down bone by bone.

Modification:

Begin sitting tall on sit bones, pull navel in and round back one vertebra at a time. Reach arms up, tuck chin, roll up one vertebrae and round over reach past toes, roll back pull navel to spine. Repeat 6

3. Leg Circles

Lying supine, one leg straight, the other leg extended up 45 – 90°, circle like tracing a clock face, starting at 12 and pausing at 12 each time you circle. Repeat 6 each direction, and with the other leg.

4. Rolling like a ball:

Scoot seat to feet, balance, hold ankles, knees shoulder width, look into navel, rock back and up to balance.

5. Single Leg stretch:

Bend one knee into chest, both hands on knee, extend other leg, round up, switch legs as you inhale and exhale, press air out as you hug knee in.

6. Double Leg stretch:

Both knees to chest, extend both legs out, sweep arms over head and circle to pull knees into chest.

7. Scissors:
One leg extends up 90, other leg out, hug the leg with a pull/pull, and switch.
8. Lower/Lift:
With both legs together 45 – 90% lowers then toward the floor with out bulging in the stomach; lift with out flattening the back. Keep rib cage stable it should NOT lift or lower with the legs. Lower 4 counts lift on 1.
9. Criss cross
Legs in table top, hands stacked one on top of other at base of skull. Spinal flexion. Lift and cross shoulder on diagonal to hip. Not a twist but a turn and lift.
10. Spine stretch forward:
Sit with legs straddled, use magic circle, head between arms, pull the navel to the spine as you round over and press down on the circle, coil back up sitting tall.
11. Saw:
Seated, Legs straddled, arms reach to sides, turn and round over to the toe, reach twice. Repeat other side.
12. Swan:
Prone (stomach) position, stack one hand on top of the other and place forehead on the hands, pull navel to spine, legs are firmly into mat, toes on mat, lift the hand and head as one unit, extending up from the back, don't over extend, focus on extending out of the upper back. Repeat 4-6
13. Single leg kick:
prone lying (face down) in a spinx position.
Like a hamstring exercise, double kick with a point flex change.
14. Double Leg Kick:
15. Side leg series:
Front Kick: like a pendulum
Circles
Side lift and lower
16. Teaser
17. Can Can
18. Swimming
19. Seratus Push Up
20. Mermaid
21. Seal
22. Front support

