

Pilates

Core

Leg Circle:

1. Lie faceup with your arms by your sides, palms down.
2. Bend your left knee and place your left foot flat on the floor. Extend your right leg up so that it's perpendicular to the floor.
3. Circle your right leg out to the side, down toward the ground, and return to your starting position. Make the circle as big as you can while still keeping your lower back on the floor.
4. Reverse the circle.

Complete 10 reps on one leg, and then repeat on the other.



The One Hundred:

1. Lie face up
2. Lift both legs up toward the ceiling and lower them halfway, so that they're at an angle.
3. Curl your head up, reaching your arms long alongside your body, palms down.
4. Pump your arms up and down as you inhale for 5 counts and exhale for 5 counts.

Repeat this breathing pattern 10 times while holding the position.



Single Leg Stretch:

1. Lie faceup.
2. Bring both knees in toward your chest, place your hands on your shins, and curl your head up off the floor.
3. Extend one leg out at a time, alternating sides.
4. Keep your lower back on the floor and your core engaged throughout.



Criss-Cross:

1. Lie faceup and bring both knees in toward your chest.
2. Place your hands on the back of your head, keeping your elbows wide. Curl your head up.
3. Bring your left shoulder toward your right knee as you extend your left leg. Then bring your right shoulder toward your left knee as you extend your right leg.

Continue alternating sides.



Double Leg Stretch:

1. Lie faceup and bring both knees in toward your chest. Curl your head up and place your hands on your knees.
2. Extend both legs out in front of you as you reach both of your arms overhead. Try to get your legs as straight as you can while still keeping your lower back on the floor.
3. Circle your arms out and around back to your knees as you pull your knees back in toward your chest.



Scissor Kick:

1. Lie faceup.
2. Extend your right leg up so that it's perpendicular to the floor. Bring your hands behind your right leg, pulling it in toward your face, and curl your head up. Lift your left leg off the floor a few inches.
3. Switch legs, pulling your left leg in toward you and letting your right leg hover above the floor.

Continue switching your legs.



Teaser:

1. Lie faceup.
2. Bend your knees over your hips and lift your feet off the mat.
3. Extend your legs as you reach your arms toward your feet and lift your head and shoulders off the mat. Try to create a V shape with your torso and legs.
4. Hold for 5 breaths, and then roll onto your back bending your knees again.



Pendulum:

1. Lie faceup with your arms extended out to your sides. Bend your knees over your hips and lift your feet off the mat.
2. Let both knees fall to the right, keeping your lower back on the floor.
3. Return to starting position, and then repeat on the other side.



Plank Leg Lift:

1. Start in a high plank with your hands directly under your shoulders.
2. Alternate lifting one leg off the floor as high as you can but not past shoulder height.
3. Keep your core, butt, and quads engaged to avoid rocking your hips.



Hip Dip:

1. Start in a side plank with your right hand directly underneath your right shoulder and your left foot stacked on top of the right.
2. Dip your hips down toward the ground and then lift them back up.
3. Repeat 10 times before switching to the left side.



Glutes

Lying butt kicks:

1. Lying on your stomach, lift your torso off the floor and press your tailbone down, keeping your butt and abdominals firm. Make sure your shoulder blades are also down and your forearms parallel to each other on the mat.
2. Pointing your toes, kick your right foot towards your butt for two counts, then alternate with your left foot.



Single leg lift and kick:

1. Lie on your right side and prop yourself up so your head rests on your right hand. Keep your left leg stacked on top of your right in a diagonal line and use your left hand to help stabilise you on the mat.
2. Flex both feet, pointing your left foot, lift your leg to hip height. Kick it twice towards the front, and then lengthen and kick it once behind you.

Hip abduction:

1. From the same position as the single leg lift exercise, flex both feet. Lift your leg to hip height and then lower it back down for three counts, so you feel resistance and engage your glutes and inner thighs.
2. Switch sides x 10 on each leg.



Leg circles:

1. From the same position as the hip abduction exercise, point on your left foot and lift it to hip height.
2. Circle your leg past your bottom right leg slowly, working with resistance to activate your glutes and abductors.
3. Repeat for six reps before circling in the other direction for six more reps.

Swimming:

1. Lie on your stomach with your legs straight behind you, and your forehead resting your hands.
2. Keeping your abdominals tight and your shoulders down, lift your feet up off the mat.
3. Pointing your toes, lift your right leg higher, pause, and then switch and lift your left leg higher.