

# BASIC PILATES

## WARM UP

Stretch to the Sky (standing, starting in Pilates stance: legs squeezed, neutral spine, rib cage closed) **10**

Roll the Spine Down the Wall (One by one roll each vertebrae down an imaginary wall behind you, knees soft, gentle stretch through the hamstrings) **10**

Low Backs (on back - push lower back down...walk out) **10**

Total Body Lengthening (stretch and hold arm & legs from body...remember to breath) **Hold 20-30 seconds**

## CORE

Single Leg Circles (one knee bent with foot on the floor, other leg extended straight to the ceiling. Make large circles, change direction at the top each time) **5 each direction**

Single Leg Stretch (single knee bent to chest, other leg extended away from body) **10**

Double Leg Stretch (start in a ball, stretch arms/legs long from body and tuck back into center) **10**

Single Straight Leg Stretch (top leg stretched towards ceiling, other leg extended away from body) **10**

Double Straight Leg Stretch (both legs stretched up and together towards ceiling, lower together) **10**

## PRONE (on stomach)

Opposite Arm/Leg Lifts (lift opp arm and leg at same time, pause at the top before releasing down) **10**

Flight (arms at sides, palms up, lift both up and lower body same time, pause at the top and release gently) **10**

## SIDE LYING

10 Point-up flex-down **15**

Small Circles **30 seconds each way**

Front & Backs (Small double kick in front, single glutei kick in the back) **10**

Inner Thigh lifts (cross top leg over, lift lower heel) **15 pointed, 15 flexed**