



Have clarity and focus

stay present

## CHAIR PILATES FOR HOME

**Chair Pilates** is designed to focus on strength, core stability, flexibility, muscle control, posture and breathing.

With the use of the chair as a support base it will assist with Increasing flexibility and allow those who find it difficult to go up and down onto the floor achieve the above through mind-body focus and movement.

“Find your centre” feet hip/shoulder distance apart, soft knees, toes spread, and feet grounded.

Breathe in through the nose not too deeply, laterally into the ribs, breath out through the mouth.

Activate pelvic floor with the breath, on the out breath (when you exhale) draw in front and back passage about 25%. At the same time draw in the lower part of your abdominal area between the pubic bone and belly button.

Check your posture, back of the heels, butt, shoulder blades and back of the head imagine they are all touching the wall, thumb line facing forward.

Gently rock forward and back on your feet and let us prepare for the exercises that follow.

## EXERCISES TABLE

<b>Chair squats</b> Standing	10 reps
<b>Top Range Squats</b> From Standing or Seated	10 reps
<b>Alternate Arm raises</b> Standing	10 reps
<b>Side Bends</b> Standing or Seated	10 reps
<b>Alternate Arm &amp; Leg extension</b> Standing or Seated	10 reps
<b>Chair Push ups</b> level 1 & 2 Standing	10 reps
<b>Lunges</b> Standing	10 reps each
<b>Calf Raises</b> Standing	10 reps
<b>Opposite Hand to Foot</b> Seated	10 reps
<b>Rest &amp; Breath Position</b> Seated	3 reps

**Standing Chair Squat (breathe in on the way down and out on the way up)**

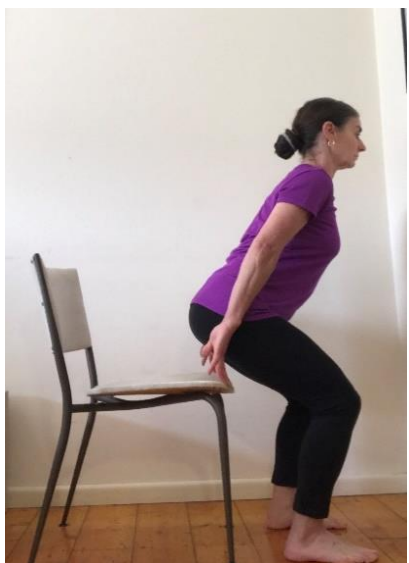


**Wider stance**



**Narrower stance**

**Top range Chair Squats (breathe in on the way down and out on the way up)**



**Alt Arm Raises (neutral breathing)**



**Standing Side Bend (breathe out as you lean over and in on the way back)**



**Seated Side Bend (breathe out as you lean over and in when you centre)**



**Alternate Arm & Leg extension (breathe out as you bring leg back and in on the way back)**



**Seated Alternate Arm & Leg extension (breathe out as you bring arm & leg up and in on the way down)**



**Chair Pushups Level 1 & 2 (breathe in as you lower and out as you push up)**



**Level 1**



**Level 2**



**Front View**

**Lunges (breathe in on the way down and out on the way up)**



**Calf raises (breathing is neutral)**



**Opposite Hand to Foot (breathe in when you lift your arm and out when you lower)**



**Dips (breathe in on the way down, out on the way up)**





**Rest, centre and breath**



**Thank you and well done.**

**Ange La Scala**