

HAVE CLARITY AND FOCUS STAY PRESENT

## PILATES FOR HOME

**“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’s prepare for the exercises that follow.**

## EXERCISES TABLE

**CURL**

Floor (supine)

10 reps

**BRIDGE**

Floor (supine)

10 reps

**ROLLING FORWARD AND  
BACKWARDS**

Floor (supine)

10 reps

**HUNDREDS****(STRAIGHT/KNEES BENT)**

Floor (supine)

10 reps

**LEG CIRCLE SEQUENCE**

Floor (supine)

10 reps

**SIDE LEG LIFTS**

Side Lying

10 reps  
each**INNER THIGH LEG LIFT**

Side Lying

10 reps  
each**SPINE STRETCH**

Seated

10 reps

**PLANK**

Floor (Prone)

10 reps

**REST POSITION****FLOOR (SUPINE)**

10 reps

**Curl (breathe out on the way up in on the way down)**



**Bridge (breathe out on the way up in on the way down)**





**Rolling end phase (breathe in as you roll down and out as you roll up)**



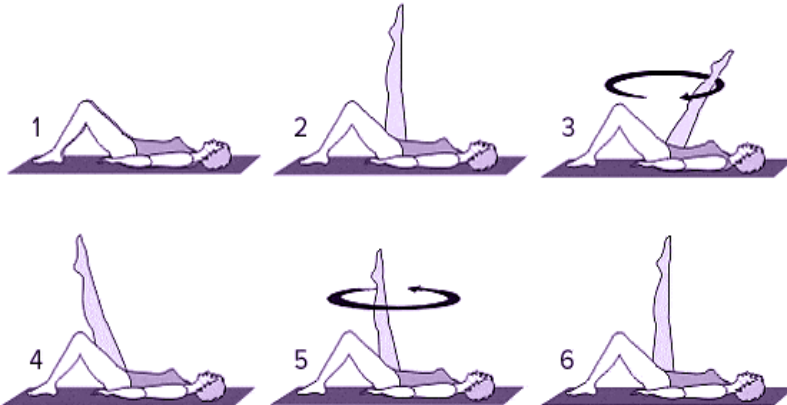
**Hundreds of knees bent (breathe 5 in, 5 out 20 times)**



Hundreds straight legs (breathe 5 in, 5 out 20 times)



Leg circle sequence (breathe in while foot in the centre breathe out as you rotate)





**Side leg lifts (breathe out as you lift, in as you lower)**



**Side leg lifts 2 (breathe out as you lift, in as you lower)**



**Inner side leg lift (breathe out as you lift in as you lower)**



**Inner side leg lift-2 (breathe out as you lift in as you lower)**



**Spine stretch (breathe out as you come forward and in as you come back)**



**Plank (breathe out as you lift and in as you lower hold 10 seconds x 10)**



**Regression - on knees**



**Rest Position (Neutral breathing)**



**Then lie on your back, bend your knees, breathe and refocus.**

**Close your eyes, be aware of your breath for 3 to 5 minutes.**

**Roll onto your side and sit back into rest position, roll back onto your feet, roll up and find your centre, breathe in and out 3 times.**

**Stay positive stay safe. Ange**