



5 Great Pilates 'at Home' Exercises to try

Look Great & Feel Amazing

The following five exercises require no equipment and they are incredibly effective at not only making your spine more mobile but super strong too.

A couple of important considerations before starting:

Duration - This can be changed to determine how challenging each exercise is; the longer you do each exercise, the harder your body is going to have to work.

Move - Each of these exercises will encourage you to move your spine, which can be challenging, so we recommend starting with small movements and gradually increasing them as your practice.

Enjoy it - Our bodies were designed to move, and we encourage everyone to find exercises that they enjoy doing so that they keep moving. We hope you enjoy these 5 Pilates 'at Home' exercises.

Before beginning any new exercise regimen, especially if you are not used to regular exercise, it is important to consult with your primary care physician. Our Instructors give detailed guidance on these, and many other exercises during our Pilates classes.

1. Superman with Flexion & Extension (aka The Supercat)

Targets: Spine and Shoulder Flexibility

Start in four point kneeling - Shoulders over hands and hips over knees.

Opposite arm and leg reach out and up (extension).

As you bring the arm and leg back down and in, the elbow touches the knee (flexion).

Then reach back out and up.



2. Plank with Lateral Movement

Targets: Shoulders and Stomach Strength

Start with: 30 seconds

This can be done on forearms (shoulders over elbows) or on hands (shoulders over hands) in a kneeling position or full position on toes.

Lift up and tuck pelvis under to protect lower back, drawing belly button to spine.

For a lateral movement - slide hips from side to side, hips staying level and not letting one hip drop below the other.



4. The Hundred

Targets: Abdominals and Neck Extensors

Start with: 60 seconds

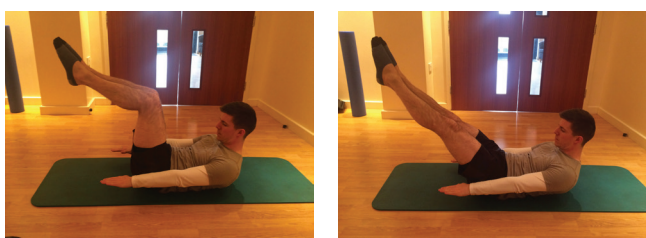
Lay on your back with legs in a table top position (knees bent at ninety degrees)

Hands are by your hips, palms facing down and fingers reaching forward.

Lift shoulders up off the floor and bring your chin to your chest with tongue pushing against roof of your mouth. Keep your lower back imprinted on the mat.

Pulse hands up and down, breathing in for 5 seconds and out for 5 seconds.

If you feel tension in your neck, lower your head back down. To challenge yourself straighten your legs.



3. Bridge with Lateral Movement

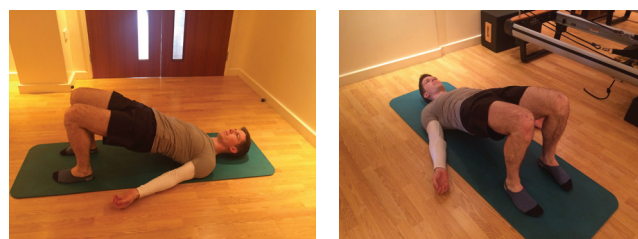
Targets: Buttocks, Core and Hamstrings

Start with: 60 seconds

Lie on your back with your knees bent, feet are flat on the floor hip width apart.

Tuck pelvis under and squeeze bottom, lifting your hips up into a bridge position and hold. You can lower and lift your hips for variation.

To add in a lateral movement: Hips stay up in a bridge position and hips slide from side to side transferring your weight as you slide, not allowing one hip to drop lower than the other.



5. Side Plank with Rotation

Targets: Oblique Abdominal muscles and Shoulders

Start with: 30 seconds on each side

This can be done on your forearm (shoulder over elbow) or hand (shoulder over hand) in a kneeling position or full position on your feet. If in a full position, ensure feet are split with the foot of your bottom leg in front of the other.

Lift your hips up into side plank position with top arm reaching up to ceiling and hold.

To add rotation: Reach your top arm down and through the gap between your rib cage and the floor, don't let your hips move too much. Then reach your arm back up to the ceiling and repeat.

