



Basic Pilates Exercises

100s

Starting position

Bend your hips and knees with your feet on the floor. Ensure your spine is in a neutral position. Place your fingers on your abdominal muscles.



Action

Contract your abdominal muscles / pelvic floor muscles by pulling your navel towards your spine. Continue to breathe normally.

Hold contraction for ___ seconds. Repeat ___ times. Do not hold your breath.

Knee Fold

Starting position

Bend your hips and knees with your feet on the floor. Place your hands palm down beneath your lower back.



Action

Contract your abdominal / pelvic floor muscles by pulling your navel towards your spine. Slowly lift one leg up from the ground and bend the hip and knee to 90 degrees. Keeping the abdominals contracted and the back still, slowly return to the starting position.



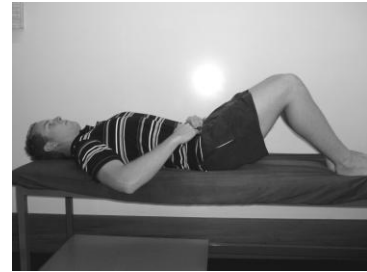
Repeat ___ times on each leg. Do not hold your breath. Keep back still throughout.



Leg Stretch

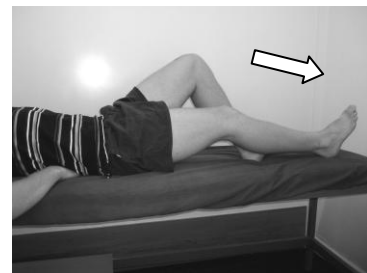
Starting position

Bend your hips and knees with your feet on the floor. Place your hands palm down beneath your lower back.



Action

Contract your abdominal / pelvic floor muscles by pulling your navel towards your spine. Slowly straighten one knee by sliding your heel along the ground away from you. Do not let the back move. Keep the heel supported throughout. Slowly return to the start position and repeat on the other leg.



Repeat ____ times on each leg. Do not hold your breath. Keep back still throughout.

Hip Twist

Starting Position

Bend your hips and knees with your feet on the floor. Ensure you have a neutral lumbar spine.



Action

Contract your abdominal / pelvic floor muscles by pulling your navel towards your spine. Slowly float one knee down to side but do not allow pelvis to twist or back to arch. Only lower down as far as you can control. Keep other leg vertical.



Repeat ____ times on each leg. Do not hold your breath. Keep back still throughout