

# Advanced Pilates/Core Exercise Programme

Please complete this programme \_\_\_\_\_ per day

**Use the Pilates rest position as the start point for all exercises**

Tick the required exercise below

## 1. Hundreds LVL 2



- Engage your core and raise one leg into a tabletop position
- Hold position and pulse arms up and down for up to 100 arm movements
- Breathing steadily throughout
- Repeat on the opposite leg. Repetitions

## 2. Scissors LVL 2



- Engage your core
- Lift both legs off the floor keeping the knees at 90° degrees.
- While holding this position, lower one leg and touch the floor then bring it back up to join the other leg.
- Repeat alternating legs (Remember to breathe steadily, keep your tummy muscles working and try not to arch your back). Repetitions

## 3. Shoulder bridge LVL 2



- Engage your core
- Roll your spine off the mat bone by bone to make the bridge
- Hold this position and lift one foot off the floor and straighten your knee
- Maintain the bridge with your hips level, put your foot back to the floor and then roll your spine back down to the floor. Breathing steadily throughout. Repetitions

## 4. Clam LVL 2



- Lie on your side with your head resting on your arm and your hips bent 45° and knees bent to 90°
- Engage your core and lift your feet off the floor.
- Keeping your feet together lift the top knee then lower in a steady motion (remember to breathe steadily) Repetitions

## 5. Arm stretch LVL2



- Engage your core, then float your arms upward placing your hands over shoulders
- Lower both arms overhead at the same time slide your heel forwards along the floor
- Circle both arms outwards and then downwards while sliding your heel towards your body. Keep breathing throughout. Repeat alternating legs. Repetitions

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## 6. Swimming LVL 2



- Lie on your front placing your arms overhead and slightly wider than shoulder width apart palms facing down
- Engage your core, reach your arm forwards and away from the floor allowing it to hover
- Lower this arm to the floor, repeat on the opposite arm.
- Keep breathing steadily throughout. Repetitions

## 7. Hip Twist LVL 2



- Place your arms out by your side at shoulder height
- Place a cushion between your legs, engage your core
- Slowly roll both knees to one side as you do this turn your head in the opposite direction
- Once you have reached as far as comfortable roll back to the start and repeat for the opposite side. (keep breathing steadily throughout). Repetitions

## 8. One leg stretch LVL 2



- Engage your core and bring one leg off the floor into a table top position
- While holding this position straighten your leg forwards and upwards in a diagonal line
- Return your leg to the table top position, breathing steadily and keeping your other leg still
- Repeat on the other leg. Repetitions

## 9. Breaststroke



- Lie on your front on the floor.
- Bend your elbows so your hands come to rest by your shoulders.
- Tighten your tummy muscles and lift your belly button up
- Gently straighten your elbows and move your hands in a semi-circle (as in breast-stroke). Repetitions

## 10. Hip Abduction



- Lie on your side with your head resting on your arm with both legs as straight as you can and toes pointed
- Inhale to prepare and slowly lift your top leg slightly keeping it straight throughout the whole movement
- Do not allow your hips to roll backwards or forwards and slowly lower your leg back down. Remember to breathe steadily throughout. Repeat on the opposite leg. Repetitions

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