

Basic Pilates/Core Exercise Programme

Please complete this programme _____ per day

Use the Pilates rest position as the start point for all exercises, breath gently in and out throughout each exercises.

Tick the required exercise below

1. Hundreds



- Engage your core
- Keep your tummy muscles tight and focus on ten breath cycles
- Add small arm lift, pulse arms up and down for seconds
- Repetitions

2. One Leg Stretch



- Engage your core, slide your heel forwards along the floor
- Slide your heel back along the floor
- Repeat alternating legs. Repetitions

3. Arm Stretch



- Engage your core and float your arms upwards, placing your hands over your shoulders.
- With the palms of your hands facing each other lower both arms overhead keeping your ribcage soft
- Circle both arms outwards and downwards to finish with your hands over your shoulders. Repetitions

4. Shoulder Bridge



- Engage your core, now gently roll your lower back into the mat and then lift your bottom off the floor and gradually work up your spine, lifting one bone at a time, so you are resting on shoulder blades.
- Hold this position for
- Then lower back down to the mat one bone at a time
- Repetitions

5. Clam



- Lie on your side with your head resting on your arm and your hips bent to 45° and knees bent to 90°
- Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.
- Lift the top knee upwards keeping the feet together. Hold for seconds.
- Gently lower your top leg back down again. Repetitions

6. Breaststroke Prep



- Lie on your front on the floor.
- Engage your core; slide your shoulder blades downwards away from your ears.
- While you are doing this reach through your fingertips towards your feet hovering your arms off the floor keeping palms facing inwards
- Lower your hands back to floor allowing your shoulder blades to relax.
- Repetitions

7. Scissors



- Engage your core
- Bring your leg up into a tabletop position and hold for seconds.
- Lower your leg back down towards the mat, now alternate legs
- Repetitions

8. Swimming



- Lie on your front, engage your core and gently squeeze your bum muscles
- Reach your leg backwards away from your body allowing your leg to hover just off the floor
- Then lower your leg to the floor, repeat alternating legs
- Repetitions

9. Hip Twist



- Engage your core
- Roll your leg out away from your body
- Then, roll your leg back inwards to the centre.
- Repeat alternating legs
- Repetitions

10. Side Kick



- Lie on your side with head resting on outstretched arm and hips and knees bent to 90°. Inhale to prepare.
- Lift top leg (foot is in line with hip, knee bent at 90°).
- Glide your upper leg forwards from the hip keeping the leg lifted and the knee bent.
- Glide your upper leg back so your hip is in line with your spine keeping the knee bent and the leg lifted.
- Repetitions

11. One-Leg Kick



- Lie on your front with your forehead resting on folded arms.
- Engage your core and bend one knee to 90°
- Gently pulse your knee further towards your hip 3 times. 1st and 3rd time with your toes pointed up to the ceiling, 2nd time with toes pointing down to the floor.
- Straighten your knee back onto the mat.
- Repetitions