

Taste tester

8 Core Pilates Exercises you can do at home!

This program should take you approximately 20min. Try doing this 3 times each week for 6 weeks. Then it is time to move on.



1 Neutral spine

Lying on your back draw your legs up one at a time, feet flat on the floor. Make sure your legs are hip width apart. Gently roll your pelvis forward and backward. As you roll it forward you will create a small arch in your back, as you roll your pelvis backward you will flatten your back. Do this for a minute or two feeling the movement all the way along the length of your spine. Find mid way between the arch and the flat position of your back. This is your neutral position. Try to hold this for 30 seconds then release. Repeat 6 times.

Lie on your back with your knees bent and feet flat on the floor. Find neutral spine and gently pull in your pelvic floor and lower tummy muscles up and back toward your spine. Maintain this position as you lift your arms slowly up above your head. Try to keep your chest from lifting off the floor and pelvis still. Ensure you keep breathing in and out with the movement.

Overhead Arms:



3 Angel Arms:

Lie on your back with your knees bent and feet flat on the floor. Find neutral spine and gently pull in your pelvic floor and lower tummy muscles up and back toward your spine. Maintain this position as you slowly, in time with your breathing, slide your arms out to the side and up towards your ears. Ensure you keep your chest down and pelvis still through the movement.

Lie on your back with your knees bent and feet flat on the floor. Find neutral spine and gently pull in your pelvic floor and lower tummy muscles up and back toward your spine. Lift and slide one leg out in front to horizontal. Stretch through the leg. Keeping your pelvis still breathe through the movement. Alternate legs.

Leg Slides:



5 Bent Knee Fall Outs:

Lie on your back with your knees bent and feet flat on the floor. Start by finding neutral spine and gently pulling in your pelvic floor and lower tummy muscles back toward your spine. Try to keep these on as you take one knee out to the side moving through the hip keeping your pelvis still. Alternate sides. Try breathing in as you take the knee out to the side and out as you return to the start.

Bridging/Imprinting:

Lie on your back with your knees bent and feet flat on the floor. Find neutral spine and gently pull in your pelvic floor and lower tummy muscles up and back toward your spine. Maintain this tension.

Start by tilting your pelvis so that your back is flat. Squeeze your bottom and slowly curl up off the floor until your knee, hip and shoulder are in line (or where is comfortable for your back/neck). Uncurl until you reach neutral spine position again.



7a Single Leg Kick:

Lie on your tummy with your head resting on your hands. Activate your pelvic floor and lower tummy muscles. Legs hip width apart and stretched behind you. Start by bending your right knee; squeeze your bottom as you lift your knee from the hip. Straighten the leg as you lower it down again. Keep your pelvis still as you breathe with the movement. Alternate legs.

C-curve:

Sitting on your seat bones with your knees bent and feet flat on the floor. Pull up your pelvic floor and lower tummy muscles back toward your spine. Begin to roll off your seat bones and create a C in your lower back. Let your head follow the curve so you end up looking at your navel. To straighten up, roll your pelvis forward to your neutral. Breathing through the movement.

