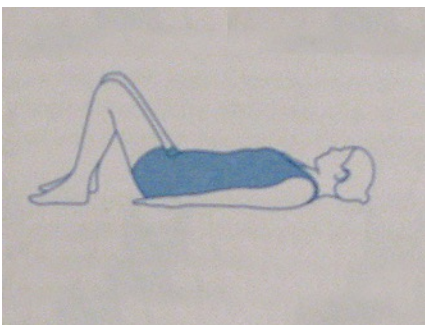




PILATES STRENGTHENS WEAK AREAS, STRETCHES OUT TIGHT MUSCLES. WORKS FROM STRONG CORE MUSCLES, AND GOOD ALIGNMENT, RESULTING IN A BETTER BODY BALANCE. THIS WAY YOU WILL INCREASE STAMINA AND WORK YOUR BODY MORE EFFICIENTLY AND HELP PREVENT INJURY!



### Reminders

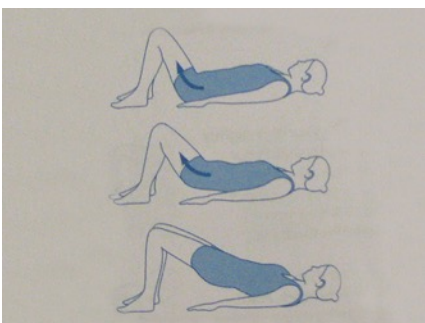
**Relaxation position** – Lie on your back, knees up, feet flat on the floor, hip width apart. Pelvis in neutral.

**Neutral Pelvis** – this is where the hips are level, you have a small gap under the lower back, to feel this correctly, lie in relaxation feel the gap under your lower back, tuck the bottom under while flattening the lower back onto the floor then release it back to its neutral position.

**Breathing and Centring** – breathe in (inhale)- often used in preparation for the exercise, as you breathe into your lungs deeply, allow the ribcage to expand out, like a concertina. Breathe out (exhale)- as you start to let the

air out, releasing the ribs at the same time, drawing in your lower abdominals. This is also referred to as: naval to spine, sucking in your tummy, scooping your stomach, hollowing and centring. Very important to get this right! This is the area below your naval which concentrates on your deep abdominal muscle the Transversus Abdominus, strengthening this muscle in turn activates your deep back muscles, therefore creating a core of strength.

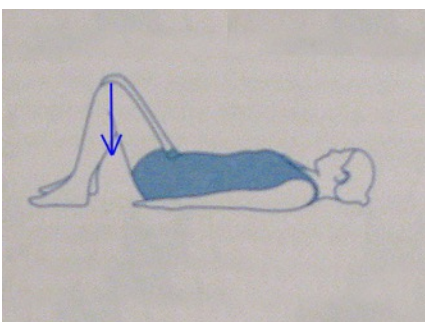
### EXERCISES:



### SPINE CURLS (for the core and back)

#### Method

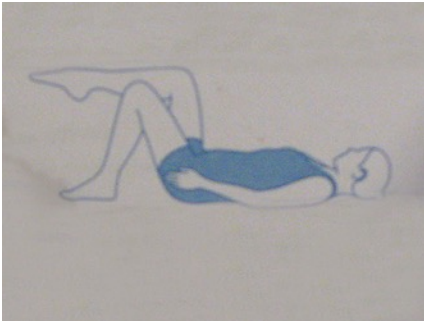
Lie in relaxation position, in neutral pelvis. Inhale, exhale and engage your centre/abs (see above reminders). Slowly curl up from the base of your spine, trying to lift one vertebrae at a time off the floor, all the way up to your shoulder blades. Breathe in and hold the position up there, breathe out and as you start to exhale once more scoop out the lower abdominals and return to the floor in reverse. REPEAT 5 TIMES



### KNEE DROPS (for core and pelvic stability)

#### Method

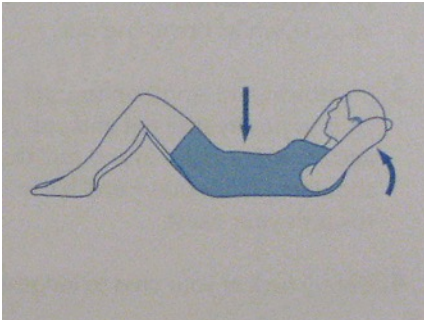
Relaxation position. Arms relaxed down by your side, shoulders down. Inhale, exhale, centre as you allow ONE knee to open slowly to the side. Only go as far as the pelvis and hips can remain still. Breathe in, while still engaging the lower abs and bring the knee back to the centre. Make sure the other knee stays in its position and the hips do not move or rock to the side. REPEAT 5 TIMES EACH LEG



### KNEE FOLDS (for core and pelvic stability)

#### **Method**

Relaxation pos. Inhale, exhale, centre and fold up your right knee, so the knee just comes to above the hip joint, (the knee should be at a right angle), breathe in as you hold it there, breathe out, centre as you lower the leg slowly to the floor. Again making sure you do not wobble the pelvis.



### CURL UPS (for strengthening deep abdominals)

#### **Method**

Relaxation position. Hands clasped and behind the head, elbows slightly lifted so there is no tension in the neck. Inhale, exhale, engage abs and curl up keeping your eyes focused on your stomach, so to check it is continually scooped in. Keep your shoulder blades (scapula) down your back, and curl up making sure you do not move the pelvis out of neutral. Inhale and slowly curl back down. REPEAT X 10

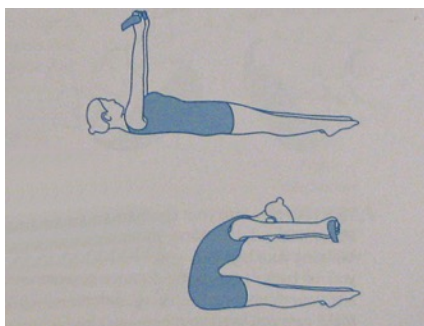


### OBLIQUE CURL UPS (for strengthening deep abs)

#### **Method**

As for the previous exercise, but instead of curling up to the front, curl up on the diagonal, making sure the elbows stay wide just lifting the opposite ribcage each time as you curl forward, and keep the pelvis stable.

REPEAT X 5 ON EACH SIDE



### THE ROLL UP (for strengthening deep abs, and stretching the spine, hamstrings, and calf muscles)

\*Not suitable to do if you have spinal disc problems

#### **Method**

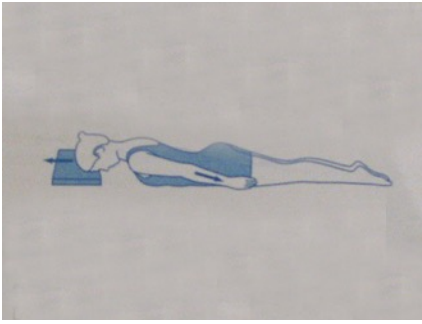
Lie on your back, arms above your head. Relax your ribs, legs straight out and heels pressed into the floor, inhale, exhale, centre, lift your arms, keeping your shoulders down, and as the arms come level with the side of your head start to lift the head also and peel off the head, neck, back, to come up to a curled sitting position, arms forward and in front of you and stretch the spine forward so your hands come over the feet, breathe in

holding the position, exhale and roll back down to the floor, slowly, keeping shoulders down the back, stabilising and with control. REPEAT X 5

DART (for stabilising and strengthening shoulders, neck and back)

**Method**

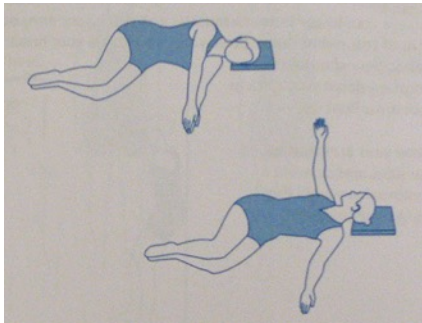
Lie on your front, head on one side. Legs straight, toes together and heels dropped away. Inhale, exhale and scoop in your abs, naval to spine, squeeze your inner thighs and gluts together and bring your heels together but keep you feet on the floor, at the same time you slide your shoulder blades down your back, palms of the hands on the side of your thighs, sliding towards your feet as you lift your head, neck and shoulders off the floor. Keep looking at the floor so you don't lift the chin. Inhale and feel the whole body lengthening, exhale and relax back down to the floor, head relaxed on the opposite side. REPEAT X 5



ARM OPENINGS (for stabilising and strengthening shoulders, releasing tension and stretching pectorals, gentle rotation of the spine)

**Method**

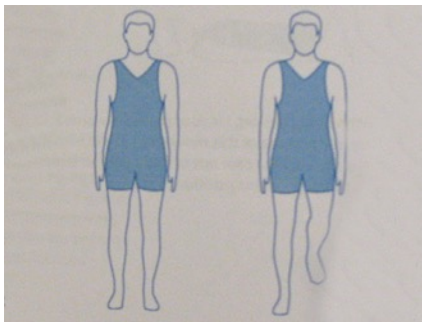
Lie on your side, with your head preferably on a pillow or rolled up towel. Knees bent up at a right angle to your body. Maintain a straight back with your pelvis in neutral. Extend your arms out, palms together at chest height. Shoulders down. Inhale, exhale and scoop in abs, take arm up to ceiling and while keeping knees together, release your shoulder blade to floor and arm follows, head rolls while looking at arm. Inhale holding position, exhale, centre, and bring the arm back to starting position. REPEAT X 5



STANDING BALANCE (for strengthening feet, ankles, calves)

**Method**

Stand with your feet hip width apart, arms relaxed by your side. Weight evenly balanced on your feet. Inhale, exhale and centre abs, drawing up onto your toes slow and evenly, hold the position as you inhale, exhale and return back down slowly. Try to feel as though you are being pulled up from the top of your head, keeping the feet in alignment.



**\*Please note if there is pain in any area please seek medical attention.**

If you have any questions regarding the exercises or Pilates in general please email me [candiceales@gmail.com](mailto:candiceales@gmail.com)