

BEGINNERS PILATES WORKOUT



1) Roll down (1-3 reps)

Inhale: lengthen your body, have your shoulders relaxed
Exhale: drop your chin on your chest and start rolling your torso down moving vertebra by vertebra.
Inhale: draw your naval closer to your spine
Exhale: start rolling back up stacking the vertebrae back on top of each other. Your head is the last part of your body to lengthen again.



4) Single leg lift (10 reps on each side)

Lying on your back with your pelvis in neutral position, knees bent, shoulder blades gliding down your spine.
Exhale: lift one leg to tabletop (imagine to reach up with the knee)
Inhale: lower the leg down again with control
 Maintain the right angle of the knee and keep pelvis stable and belly button in.



2) Pelvic curl (5-10 reps)

Lying on your back with your pelvis in neutral position (hip bones and pubic bone on the same height), legs parallel & hip width apart, knees bent, shoulder blades gliding down your spine.
Inhale: no movement
Exhale: draw abdominals in and curl pelvis up vertebra by vertebra into shoulder bridge
Inhale: no movement
Exhale: roll the spine down to starting position – keep shoulders relaxed
 Return to neutral pelvis after every repetition.



5) Chest lift (10 reps)

Lying on your back with pelvis in neutral position, knees bent, feet relaxed and fingers interlaced behind your back, so head is resting on them.
Inhale: no movement
Exhale: lift head and chest off the mat (eyes towards your knees)
Inhale: pause
Exhale: lower head and chest controlled back to the starting position. Avoid tucking the pelvis and keep your core and inner thighs engaged throughout the whole movement.

Chest lift with rotation (10 reps)

Keep your chest lifted
Exhale: rotate to one side (keep pelvis stable)
Inhale: return back to centre
Exhale: rotate to the other side
Inhale: back to centre
 Keep your chest lifted the whole time.



6) Back extension (10-12 reps)

Lying on your front, forehead on the mat, arms down by your side,
Inhale: lift head and chest slightly off the mat, pulling your shoulder blades down the spine, keep head aligned.
Exhale: lower body
 Maintain the abdominal support.



3) Spine twist supine (10 reps)

Lying on your back in neutral spine position, arms in T-position with your palms facing up, legs glued together in tabletop (90 degrees), shoulders /chest relaxed
Inhale: lower the legs to one side
Exhale: draw abdominals in and return to starting position (alternate)



7) Double leg side lifts (10 reps on each side)

Lying on your side with your lower arm straight up and your head resting on it, legs pressed together, top arm placed on top of your hips or in front of you on the mat
Exhale: lift both legs off the mat (almost reach out with them)
Inhale: lower the legs without allowing the feet to touch the mat
 Keep legs slightly in front of your torso and shoulders relaxed.



8) Front support (5-10 reps on each side -alternating)

Starting in plank position on your hands and toes – body in a straight line. Pull your abdominals towards your spine.
Exhale: bent one leg and pull it towards your chest
Inhale: bring the leg straight back
 Alternate right/left
 Do not hang in your chest and maintain the plank position and core at all times.