

Fitness Pilates Home Workout 6/5/2020

Warm up:

Stand Tall, set feet under Hips

Practice balance / wake up senses by gently rocking forwards, backwards and to the sides, if you feel you are falling take a small step to balance

Loosen lower back / set neutral spine by tilting pelvis under and back

Pedal your feet slowly pressing one foot into the ground then the other, feet stay in contact with the ground – 20 per foot

Stand with hands at your sides, raise hand up in front of your body, and then open arms out to the sides. One arm now reaches over your head to try and touch your other elbow (keep standing tall), now do the same to the other side, arms down then repeat x 8.

Rotations - Hands raised to shoulder height, slight bend in elbow, rotate upper body. Repeat the exercise but stand on one leg (you will need to rotate slowly) keep hips pointing forwards. Repeat x 8 each leg

Leg sweeps – stand on one leg, keep other leg straight, sweep that leg forwards and backwards – 10 per leg, now repeat but sweeping the leg side to side in front of standing leg. Repeat x 10 each leg

Pilates squat – feet under hips, knees over feet. Squat down sticking bum out behind, as if trying to sit on a low chair – repeat 20 times.

Plie Squat – stand with feet wider than shoulder width, toes pointing out, slowly squat down and back up (squeeze the bum as you come back up). Repeat 10 times. Repeat but pausing at the bottom pulse knees outwards 4 times before raising back up. Repeat x 8

Roll down – down towards feet, sweep hands around feet, then back up – repeat 5 times

Roll down and walk hands out to plank position, hold for count of 10, walk hands back and roll up. Repeat x 3

Front:

Superman – from kneeling box position extend one arm forwards and opposite leg back. – 10 each side.

Clock Superman – start as a standard movement, but when extended forwards rotate arm and leg towards a 9:15 position (8:10 if not as flexible!). Try not to drop or rotate shoulders and hips, only your arm and leg should move. Repeat x 8 each side

Arm & Leg Raises – lay face down with legs extended and elbows bent 90 degrees at shoulder height. Raise one arm off the ground (should only lift a couple of inches) and raise opposite leg, keeping leg straight, pause then lower and swap sides. Repeat x 8 each side

VW – lying face down extend arms forwards in a V shape, legs extended behind. Raise torso slightly off the ground and draw elbows back squeezing shoulder blades together until arms make a W shape. Return to V and lower torso. Raise legs off the ground and squeeze heels together 8 times. Repeat x 8

Side:

Single leg lift - Lay extended out on your side, Hips stacked on top of each other, arm extended under head, legs straight. Top arm in front for balance if needed. Slowly raise top leg, toes pointing forward. Repeat x 8 each side.

Double leg lift - Start as above, once top leg has been lifted, bottom leg raises to meet it. Lower bottom leg, lower top leg. Repeat x 8 each side.

Side Plank - Rest on elbow and extend legs straight. Raise hip off the mat and hold body in a straight line from shoulder to feet. If you need to you can bend your legs and take straight line from shoulder to knee. Hold for 30 sec (if you can) repeat x 2 each side.

Back:

Reverse Plank – Sit up with legs extended straight ahead, reach towards toes, slide hands back along the mat with fingers pointing forwards until fingers are just behind your bum, raise hips and look towards ceiling, hold for a count of 10. Lower down then repeat x 8

Toe tap – start in table top position with 90 degree bend at hip and knee and arms pointing to sky. Slowly tap one toe down to the ground pivoting from hip only, opposite arm drops behind head and returns in a backstroke movement around your side (if you have room). Repeat x 12 each leg

Leg Raise – lay back on mat, legs extended and hands by your side or tucked under bum. Raise feet off the ground and travelling in a semi-circle bring feet in towards body. Return back in the same path. Repeat x 10 2 sets (to add difficulty don't let feet touch the ground between reps

Russian Twist Roll Back – from sitting position with knees bent slowly lower back ensuring you curl your back not pivot from hips. Focus eyes forwards and try not to lower all way to mat, stop just above. Now rotate slowly to one side then the other, curl back up to vertical. Repeat 12 times. 2 sets.

Roll up – lay flat on floor hands behind head. Raise hands over head, when you see your hands, raise head and tuck chin in, arms continue forwards, curl shoulders off mat and sit up following hands towards your feet. Reverse movement and slowly unroll back down. Repeat 8 times.