

## Fitness Pilates Home Workout 29/7/2020

### **Warm Ups:** 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, then side to side

Pedal your feet slowly pressing one foot into the ground then the other, feet stay in contact with the ground, let arms join in a walking action, gradually increasing movement until stretching up and back

Overhead reach - 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 to side.

Angel - Standing tall with arms out wide level with your shoulders, sweep both arms forward in front of your body while bending knees and leaning forwards slightly, straighten knees and body and open arms back out wide

Leg Sweep – Stand tall, put weight on one leg and lift the other slightly off the ground, slowly sweep this leg forwards and backwards, repeat 8 times each way, change legs. Then repeat but sweep the leg side to side.

Knee Raise - Stand tall arms by your side, raise one knee to hip height, lower back down, swap legs. Repeat x 8 each leg. Add a squat between each knee raise. Now after raising knee to hip height, rotate knee outwards, keeping hips forwards, back to centre, lower down, swap leg,

Roll down – start with hands above head travel your hands down close to your body tucking in chin and rolling shoulders and back down towards feet, pause, then back up

Childs Pose – kneeling in a box position, sit back onto your heels keeping arms forwards, stretch through shoulders sides and back, hold for 10 seconds, and relax back to box position, repeat.

### **Exercises on Back:**

Leg slide – lay flat on your back legs extended, slowly slide one foot towards your bum, either slide along floor or just off. Swap to other leg. Add arm action. Arm pointing to ceiling, as leg draws in drop opposite arm back behind head.

Toe tap – start in table top position with 90 degree bend at hip and knee, arms pointing up towards ceiling. Slowly tap one toe down to the ground pivoting from hip only. Opposite arm drops back behind head, return to table top swap arm and leg. Increase movement to a curtsey tap under opposite leg.

Archer Roll Back – from sitting position with knees bent slowly lower back ensuring you curl your back not pivot from hips. As you lower back draw one arm back as if drawing a bow and arrow. Focus eyes forwards and try not to lower all way to mat, stop just above. Curl back up to vertical. Repeat drawing back opposite arm

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. To add difficulty don't let feet touch the ground between reps.

### **Side Exercises:**

Open Door – laying on your side, bend legs slightly up and arms at 90 degrees in front of body. Raise top arm and rotate over body reach as far over as you can, eyes follow hand, slowly back together. Repeat x 8 each side.

Clam – Laying on your side with knees bent up, bottom arm extend up beneath your head and other hand in front for balance if needed. Lift knees slightly off the floor and keeping feet together open up top knee (like a clam shell opening).

### **Exercises on Front:**

Torso Raise – lay face down, elbows level with shoulders and bent at 90 degrees. Keeping forearms on the floor raise chest and shoulders off the ground, pause, lower slowly back. Repeat x 8. Now extend so elbows leave floor and arms go almost straight,

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

Cat stretch – from the kneeling box position drop head and arch back up, hold for a few seconds and relax down letting head raise and back sag down.

Thread the needle – from the kneeling box position, reach under your body with one arm while bending the supporting arm, then rotate back and reach towards the ceiling with that arm, looking towards your moving hand at all times. Repeat 8 times each side

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