



Pilates at Home

Repeat each exercise until you feel your muscles working and you are ready to move on. Please listen to your body. Please discontinue if any of these exercises cause you discomfort or pain in the lower back.

This program is designed for people who have been practising Pilates. It is not suitable for people with injuries or beginners.

Breathing	Lie on your back with your knees bent and feet flat on the floor. Check in to ensure you are in a neutral spine position and there is a small gap between your lower back and the mat beneath you. Breathe in to feel your ribs expanding to the side and back. Breathe out to feel your lower belly sink.
Leg slides	Lengthen one leg away as you breathe out and bring back to the start position as you breathe in. Remain in a neutral spine position. 8-12 reps each side.
Leg Floats	Breathe out to lift one leg to 90/90 and breathe in to lower. 8-12 reps each side.
Up-Up-Down-Down	Breathe out to float one leg to 90/90, breathe in to hold, breathe out to float up second leg. Breathe in to hold, breathe out to lower first leg, breathe in to hold, breathe out to lower second leg. Ensure you engage your core as you lift. 8-12 reps.
Chest lift 1	Take your hands behind your head and interlace fingers to support the weight of your head. Breathe in to prepare and breathe out to lift your chest. Breathe in to lower the chest. 8-12 reps.
Chest Lift 2	Add a single leg float as you lift your chest. 8-12 reps.
Chest Lift 3	Keep one leg at 90/90 and then as you breathe out extend your leg and lift your chest. Breathe in to lower and return your leg to 90/90. Do approximately 8-12 reps each side.
Imprints	Breathe out to soften and lengthen your lower back into mat. Breathe in to back to neutral position. Ensure you are using your abdominal muscles to initiate the movement. 6-8 reps
Pelvic Curl 1	Commence this movement with an imprint and then tuck under your tail bone and start to peel your spine off the mat as you lift your hips. You will come to a position where your body is a long diagonal line from the knees, hips and shoulders. Ensure you don't arch your back and stick out your ribs. Pause at the top breathe in and then articulate your spine as you roll back down starting at the upper back, then middle back, then imprint position, and finally neutral. Remember to engage your glutes and the muscles in the back of your legs (hamstrings). 8-12 reps.

Pelvic Curl 2	Float one leg up 90/90 and do 3-6 reps on one leg then change
Pelvic Curl 3	Roll up on both legs, float one leg off, lower, float other leg off, lower, then roll down
Hamstring Stretch	Lie on your back. Wrap a towel or Theraband around the ball of one foot and stretch it up towards the ceiling. Keep the other leg straight. Ensure you don't bend your knee. You want to feel a stretch but not pain. o
Single Leg reach	Take your hands behind your head and interlace fingers to support the weight of your head. One by one lift your legs to 90/90. Breathe out to lift your chest. Breathe out to lift your chest and extend one leg out. Breathe in to lower and return leg, alternate sides, make sure to keep your core engaged.
Double leg Reach	As per previous but extend both legs. This is quite advanced so only attempt if you found the single leg reach achievable.
Obliques 1	Hands behind your head. Commence your chest curl and then rotate, opposite elbow to opposite knee.
Obliques 2	As per above but add a single leg float
Obliques 3	Criss cross: Commence with both legs at 90/90. Commence your chest lift and rotate from your ribs to direct elbow to opposite knee.
Clam	Lie on your side with your hips and shoulders stacked. Support your head. Bend your knees so your heels are in line with your sit-bones. Keep the feet together and open and close at the knees without rolling your hips back. 8-12 reps each side
Clam 2	Lift and lower the top leg keeping your knee and heel at same level. 8-12 reps each side
Clam 3	Lift the top leg, pause, extend the top leg, pause, bend it back and lower. 8-12 reps each side
Clam 4	Lift, extend, tap the top leg down, lift, bend, lower 8-12 reps each side
Glute Stretch	Lie on your back with your knees bent. Place one ankle over one knee and reach through the gap to pull your thigh towards you for a stretch.
Dart	Lie on your stomach with your arms down by your side and your palms up. Breathe in to prepare. On the breath out, lift your shoulders and arms off the mat as you extend your upper back. Reach your fingers out behind you and keep your head, neck and upper back in alignment as you lengthen your head away from your hips. Don't over recruit your lower back, glutes or hamstrings.
Child's pose	Sit back onto your heels allowing your back to stretch as you breathe deeply.