

eFitness365: Fit to Live

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Pilates

Utilizing the key principles below:

Breathing

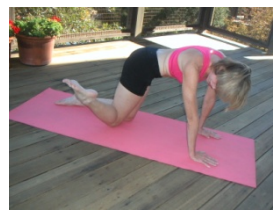
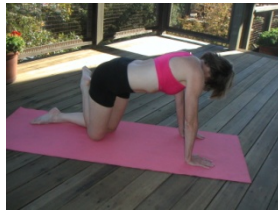
Concentration

Control

Centering

Precision

Fluidity



Tail Wag/Poodle Tail:

- Think spinal mobility
- Eyes follow foot on tail wag



Opposite Leg/Arm:

- Long lean line
- Alternate sides without visual shifting of weight



Basic Plank:

- Modify as needed (elbows, knees, etc)
- Bottom down, think of long straight line

- Neck in line with spine
- Breathe as you hold



Side Plank:

- Modify as needed
- Arm can be at side or to ceiling
- Think of body between toaster coils-needs to be lean line



100's:

- Lift from ribcage; not neck
- Imagine small fruit between chin and chest
- Steady torso
- Breathe!



Roll Up:

- Modify if needed
- Pulling arms up and away, as if being pulled by someone
- Paint a line
- Slow & smooth 5 count down, (pause, breathe) 3 count up



Small Leg Circles:

- Cement your 'standing' leg to floor
- Ground your torso
- Pencil drawing circle from femur
- Keep hips steady/lined up
- Flex foot



Single Leg Stretch or Scissors:

- Head up
- Hands off floor for more advanced
- Calm your torso
- Pull abs in more deeply with each rep
- Shoulders down, long & lean



Double Straight Leg Stretch:

- Like a taco
- Keep abs engaged
- Pelvis and back still
- Elbows wide



Rollover:

- Modify-
- Have feet pointed to ceiling at 90°
- Slowly go back, draw thighs against chest
- Unwind just to the point back starts to lift off of floor



Bookends/Helicopter:

- Use slow, controlled movements



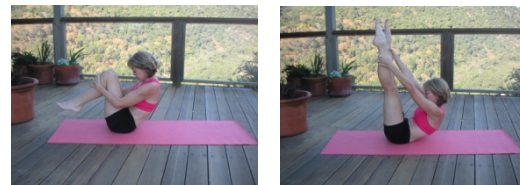
Crisscross:

- Keep knees at 90°
- Think of raising chest to knee



Corkscrew:

- Slow, controlled movements



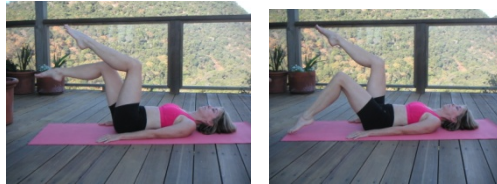
Rolling like a ball/open leg rocker:

- Shoulders away from ears
- Look at belly button-
- Keep energy, don't collapse or use momentum (engage abs)

Bridge:

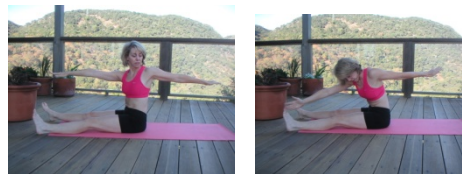


Toe Taps:



- knees at 90°
- Control movement-as if you are taping your toe to test the water

Spine Twist/Saw Combination:



- Lift up and then over
- Back palm toward ceiling- look back

Side leg Series:

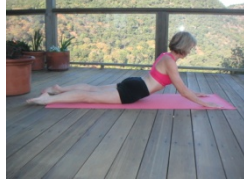


- Long, lean line
- Eyes focused straight ahead
- Control movement

Swimming:



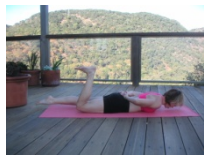
- Imagine water glass on back
- Don't rock
- Neck long



Swan:

-Prone, hollow abs, slide shoulder blades down the back as hands go into back extension.

-Head in line with spine as if you are watching a marble roll away from you as you move torso up



Single Leg Kicks:

-Engage legs

-Reach leg away from hip

-Point toe down, flex up

-Inhale as you lift

-Abs scooped-stabilize by engaging core



Telescope Arms:

-Stretch past your non-working fingers

-Keep in contact, skin to skin

-Slow, focused



Seal:

-Hands on ankles

-Make feet truly clap- feet connected throughout move

-Think balance & control

-Use abs, not momentum!

Pilate's pushups:

- Arms up breathe, dive down
- Walk out four steps
- Push up with chest to floor

