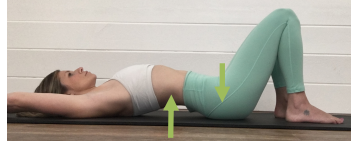
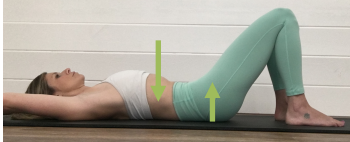


Daily Pilates Exercise for Core and Back Strength

Pelvic Tuck and Finding Neutral

- 1) Controlled rocking back and forth from top to bottom across sacrum to create soft arch in low back to low back pressing into mat.
- 2) Neutral is the place that is in the middle of your two extremes, neither tucked nor untucked, with a softness to the low back.



Hip Folds

- 1) In neutral, exhale and fold at your hip to lift one leg into table top. Anchor opposite hip to maintain equal weight on back of sacrum. Avoid tucking pelvis and pressing lower back into the mat.
- 2) Inhale at the top, Exhale to lower leg back down.
- 3) Alternate legs.



Side Bridge

- 1) Lie on your side with knees bent and hips and shoulders stacked. Line up back of head, ribs, pelvis and heels. Draw bottom rib up into body.
- 2) Exhale and lift hips straight off the mat using bottom oblique and glute. Inhale at top.
- 3) Exhale to lower down.
- 4) For an added challenge, arc top arm up and over head as you lift. Inhale at top and expand into side ribs.
- 5) Repeat on other side



Cat/Cow

- 1) Begin with a neutral spine (back of head, shoulders and pelvis in a straight line). Do not let belly drop.
- 2) Inhale to curl your tailbone and crown of your head down toward the mat and your spine rounded to the ceiling.
- 3) Exhale to swing the rib cage through your arms and reach the sternum up and forward. Stay tall on shoulders and do not let belly drop. Keep softness to the front and back of neck.



Quadruped with oppositional limbs

- 1) Begin with a neutral spine (back of head, shoulders and pelvis in a straight line) and supported tall through arms. NOTE: Watch for the belly dropping.
- 2) Inhale to slide one leg out along the mat with toes down. Exhale to slide it back under you.
- 3) Inhale to slide opposite arm out along the mat with fingertips down. Exhale to slide it back under you.
- 4) Inhale to shift weight into opposite knee and hand. Exhale, hug the belly and extend opposite arm and leg out and up into a straight line.
- 5) Alternate sides



Thread the Needle

- 1) Begin with a neutral spine and supported tall through arms.
- 2) Slide one arm under the opposite side
- 3) Bring head down to mat, rest on the shoulder
- 4) Breathe into side ribs
- 5) Switch sides



Side-lying Abduction

- 1) Lie on your side. Line up back of head, ribs and pelvis in a straight line. Bend bottom knee forward for support and reach top leg long and in a straight line. Draw belly in and up to avoid collapsing into bottom side.
- 2) Slowly lengthen the top leg and float up to hip height. NOTE: Keep the pelvis and waistline steady, do not let bottom ribs drop into mat and fold at the hip only. You should feel this in your glutes.
- 3) Repeat on other side



Side Kick

- 1) Lie on mat on your side. Line up back of head, ribs and pelvis in a straight line and stack hips and shoulders on top of each other. Bend bottom knee forward for support and reach top leg long and in a straight line. Hug the belly to avoid collapsing into bottom side.
- 2) Exhale to hinge at the hip and kick leg forward. NOTE: Keep neutral. Do not round forward through back.
- 3) Inhale to kick leg back and slightly behind hips. NOTE: Draw the belly in and up and maintain neutral. Do not arch in the low back.
- 4) Repeat on other side

