

Pilates 10 min routine – 1

Warm up - Lying on back – neutral spine, thoracic breathing, core switched on

1. Neck release – turn head from side to side slowly
2. Shoulder shrugs – inhale lift shoulders to ears, exhale lower
3. Shoulder retraction – arms up to ceiling, lift (inhale) and lower (exhale) arms
4. Arm Circles
5. Pelvic tilts – finish back at neutral
6. Knee Drops – drop knee to one side (exhale) and then lift back up (inhale)
7. Leg Slides – slide leg away from you (exhale) and slide back up (inhale)

Main Programme

1. Shoulder bridge – add arm extensions if you want and can maintain technique. Repeat 6 times.
2. Chalk Circles – lying on side, knees bent, head on pillow, arms out in front of you. Circle top arms around head and back over hip. Keep hips still and allow a rotation of your spine. Exhale for the majority of the move. Repeat 8 times.
3. Star – lying on front, arms and legs long and a little wider than hips/shoulders. Forehead on the floor. Exhale and lift & lengthen opposite arm and leg away from each other. Repeat 8 times. (Finish in child's pose to rest and stretch)
4. Chalk Circles (as above)
5. Single Leg Circles – lying on back with neutral spine. Lift one leg to single knee fold. Keeping hips level start to circle bent leg. Small circles. For a more advanced move try with a straight leg. Repeat 6 times in both directions then change leg.

Stretching

1. Full body stretch
2. Lower back release – hug knees to chest
3. Fan stretch – straighten both legs, hands on your inner thighs. Open legs away from each other. Stretching the inner thighs.
4. Forward Flex – seated position, legs straight. Bend forwards to touch toes.
5. Child's pose – to stretch upper back
6. Downward Dog – to stretch legs and back
7. Roll Down – roll through vertebrae to a standing position. Keep core switched on and exhale to move. Repeat 2 more times.
8. Side stretch – reach to ceiling then over to one side. Repeat other side.
9. Shoulder rolls
10. Inhale lift shoulders, exhale and drop them.

Pilates 10 min routine -2

Warm up - Standing – neutral alignment incl pelvis, thoracic breathing, core switched on

1. Neck release – ear to shoulder
2. Shoulder shrugs – inhale lift, exhale lower
3. Shoulder rolls
4. Side bend – slide arm down thigh, exhale lower, inhale lift
5. Arm circles
6. Spine twist – fold arms and twist to one side then the other. Keep hips still.
7. Pelvic circles
8. Squats
9. Calf raises
10. Roll Down – exhale as you roll down to floor one vertebrae at a time, inhale at the bottom then exhale to work your way back up. Repeat

Main Programme

1. Swimming legs only – all fours position. **Slowly** extend one leg behind you as you exhale, inhale and bring it back to the original position. Repeat 8 times.
Sit back in child's pose
2. Oyster – lying on side (over arm) with knees bent and stacked on top of each other, waist lifted. Exhale and lift top knee keeping feet together and squeezing bottom, inhale and lower knee. Repeat 16 times.
3. Curl Up – lying on back in neutral spine position. Exhale and slowly peel one vertebra off the floor at a time (like a sit up). Inhale and hold at the top. Exhale to lower. Repeat 8 times.
4. Single Leg Stretch. – Lying on back in neutral spine. Lift one leg to single knee fold, then double knee fold. Bring one knee to chest and extend the other leg away from you. If you can curl up. Keep back still and exhale to change legs over, inhale and hold, exhale and change.
5. Oyster (as above)
6. Single Leg Kick – lying on front, forehead on hands. Exhale, squeeze bottom and kick one heel to bottom then pulse toes to bottom and then heel again, inhale and lower leg back down to the floor. Alternate legs. Repeat 8 times each leg. Sit back in child's pose when finished.

Stretching

1. From child's pose, sit back on heels and curl up slowly to seated.
2. Forward flex - seated position, legs straight. Bend forwards to touch toes.
3. The Saw – seated position, legs wide, arms out stretched to the side. Exhale and twist to one side lengthening over your thigh and extending opposite arm to your foot.
4. Cat Stretch – all fours position. Exhale and push into shoulder blades, tucking tailbone and chin under. Inhale hold, exhale relax.
5. Downward Dog – to stretch legs and back
6. Roll Down – roll through vertebrae to a standing position. Keep core switched on and exhale to move. Repeat 2 more times.
7. Side stretch – reach to ceiling then over to one side. Repeat other side.
8. Shoulder rolls
9. Inhale lift shoulders, exhale and drop them.

Pilates 10 min routine – 3

Warm up - Seated – neutral alignment incl spine, thoracic breathing, core switched on, shoulders relaxed

1. Neck release – drop chin to chest on exhale, hold as inhale then release.
2. Shoulder shrugs – inhale lift, exhale lower
3. Shoulder rolls
4. Side bend – slide arm out to side as exhaling and other arm overhead, inhale hold, exhale return.
5. Arm circles
6. Spine Twist – fold arms and twist to one side then the other. Keep hips still.
7. ½ Roll Down – exhale drop chin to chest and roll down through spine and forward into lap.
8. Round and Release – legs crossed, hands on knees, exhale and round spine leaning backwards slightly. Inhale hold, exhale restack spine.
9. Roll Down to floor one vertebrae at a time as you exhale.
10. Full body stretch then lower back release – hug knees

Main Programme

1. Shoulder bridge – add leg extensions if you can maintain technique. Repeat 6 times.
2. Hip Twist – start with legs at Double Knee Fold, arms outstretched to the side. Exhale and lower both knees to one side, inhale and return to centre. Repeat other side. Repeat 4 times each side.
3. Side Kick – lying on side, both legs long, top leg longer than bottom leg. Squeeze bottom. Exhale and slowly kick leg forward, inhale and return leg. Repeat 8 times. Repeat on other side.
4. Superman – lying on front, arms stretched out in front of you, forehead on floor. Exhale and slightly lift both arms and legs off floor, inhale and return. Keep bottom squeezed and stomach pulled in.
5. Push Up – all 4s position then push hips forward creating a straight back (3/4 press position). Hands wider than shoulder width. Exhale and take nose to floor, bending elbows. Inhale and push back up. Walk hands to feet, slowly roll up to standing. Roll back to floor and repeat. (Push up with roll down in between). Repeat 4 times.
6. Double Leg Lower – lying on back, legs lifted straight to ceiling. Exhale and slowly lower legs towards the floor. Only go as far as you can maintain neutral and feel in your abs. stop if you feel it in your back. Repeat 8 times.

Stretching

1. Full body stretch
2. Lower back release – hug knees to chest
3. Cat Stretch – all 4's and arch back.
4. Child's pose – to stretch upper back
5. Downward Dog – to stretch legs and back
6. Roll Down – roll through vertebrae to a standing position. Keep core switched on and exhale to move. Repeat 2 more times.
7. Side stretch – reach to ceiling then over to one side. Circle all way round and repeat other side.

Pilates 10 min routine - 4

Warm up - Lying on back - neutral spine, thoracic breathing, core switched on

1. Pelvic tilts – finish back at neutral
2. Knee Drops – drop knee to one side (exhale) and then lift back up (inhale)
3. Leg Slides – slide leg away from you (exhale) and slide back up (inhale)
4. Spine Rotation – drop knees to one side (exhale) and return (inhale)
5. Shoulder shrugs – inhale lift shoulders to ears, exhale lower
6. Arm Circles
7. Neck Release – gently turn head to one side and back to centre then other side.

Main Programme

1. Single Knee Fold – from neutral, keeping hips level and core switched on, slowly lift one leg to single knee fold (exhale). Return on your inhale. Alternate legs. Repeat 8 times each side.
2. Double Knee Fold – from neutral, keep hips level and core switched on slowly lift one leg followed by the other leg (exhale). Hold this position for 2 minutes. (knees in line with hips, ankles in line with knees)
3. Toe Taps – from double knee fold gently lower one leg to floor (keep knee bent) (exhale). Inhale and return. Alternate legs. Repeat 8 times each side.
4. 100 – from double knee fold – hover arms at hip height reaching for heels. Beat arms strongly, breathing in for 5 beats and breathing out for 5 beats. Work through levels – a) curl up, b) straighten legs c) lower legs slightly
6. Arm Openings – lying on side, head on a pillow arms out stretched in front. Exhale and open top arm to otherside, turn head, rotate spine. Inhale hold and stretch. Exhale and return. Repeat 8 times.
7. Combination – tricep press (elbows tucked to ribs, lower nose), child's pose, downward dog, roll up to standing. Roll down, downward dog.. Repeat 4 times.
8. Arm Openings (as above)

Stretching

1. Abdominal Breathing – lying in neutral spine. hands on stomach. Breath in to belly making it as big as possible. Exhale slowly. Repeat.
2. Child's pose – to stretch upper back
3. Downward Dog – to stretch legs and back
4. Roll Down – roll through vertebrae to a standing position. Keep core switched on and exhale to move. Repeat 2 more times.
5. Side stretch – reach to ceiling then over to one side. Repeat other side.
6. Shoulder rolls
7. Inhale lift shoulders, exhale and drop them.