



PILATES 101 – 10 MOVES TO STRENGTHEN YOUR CORE

A Note on breathing: Deep breathing is an essential part of Pilates exercise. It should not just be a big inhale. To breathe correctly you must make a mindful effort to completely exhale. Exhaling fully allows you to get rid of every bit of stale air and allowing fresh, invigorating air to rush in. This supplies the bloodstream with vitally essential oxygen. Deep breathing is your easiest and most accessible internal cleansing mechanism

① THE HUNDRED



Lie flat with the body resting on the mat or floor
Inhale slowly
Lift both feet into the air in a V shape
Raise head with eyes focused on toes
Raise both arms about 10- 12cm above the floor
Exhale slowly
Raise and lower both arms (tensed)
From shoulders only
Without touching body
With a radius of 10-12cm
Mentally count 5 movements while
Exhaling slowly
Alternating with 5 similar movements while
Inhaling slowly
Aim to get maximum of 100 movements
Never exceed 100 movements
Relax completely

② THE ROLL UP



Lie flat with the body resting on the mat or floor
Stretch arms above the head -shoulder wide, palms up
Stretch legs (close together, knees locked)
Stretch toes (pointed) forward and downward

Begin Inhaling slowly and bring arms (shoulder wide) straight forward to upright right angle position and toes (pointed) upward

While Inhaling slowly
Bend head forward and downward until Chin touches chest
Begin exhaling slowly and
Start “rolling” slowly upward and straight forward

While Exhaling slowly finish “Rolling” forward until forehead touches legs
Begin Inhaling slowly while returning to the starting position



③ LEG CIRCLES



Lie flat with entire body resting on the mat or floor

Stretch arms next to the body - shoulder wide, palms down

Bring right leg to upright right angle position

Stretch toes (pointed) forward and downward

Left toes (flexed) upward

Begin exhaling slowly at start of downward motion with right leg while making a complete left-right circle (in the air) over the left thigh
Begin inhaling slowly at the start of upward motion with right leg in completing the circle

Switch Legs

Bring left leg to upright right angle position

Stretch toes (pointed) forward and downward

Right toes (flexed) upward

Begin exhaling slowly at the start of downward motion with left leg while making a complete right-left circle (in the air) over the right thigh
Begin inhaling slowly at the start of upward motion with left leg in completing the circle

④ ROLL LIKE A BALL



Grasp legs tightly with locked arms

Try to press thighs to chest

Bend head forward and downward with chin touching chest

Toes pointed forward and downward

Inhale slowly "Rock" Backward

Exhale slowly while

Returning to start position

⑤ SINGLE LEG STRETCH



Bend head forward until chin touches chest
Inhale slowly
Clasp hands and pull right leg as far as possible toward chest
Keep left leg stretched forward
Stretch toes (pointed) forward and downward

While exhaling slowly
Clasp hands and
Pull left leg as far as possible toward chest
Keep right leg stretched forward
Stretch toes (pointed) forward and downward

⑥ DOUBLE LEG STRETCH



Inhale slowly
Head comes up
Chin to Chest
Arms stretched straight above head palms facing up
Thighs pressed firmly together feet raised off the floor toes pointed

Exhale slowly
“Draw” both legs inward with
Locked wrists hold them firmly in “doubled -up” position as indicated
“Pull” legs toward you and press them firmly against chest
Inhale slowly

⑦ SCISSORS



Lie on your back and extend your legs straight up toward the ceiling
Lift your chest
Place your hands behind your right calf, keeping the elbows wide and chest open and allow left leg to move toward the floor
Scissor your legs open, equally away from each other
Pulse the legs twice in the open position
Switch legs

⑧ DOUBLE LEG LOWER LIFT



Lie on your back and extend your legs straight up toward the ceiling
Rotate the legs out slightly, keeping the heels together and inner legs pulled in the center line, in Pilates stance
Place your hands behind your head, keeping the elbows wide and chest open
Inhale and lower the legs toward the floor
Exhale, pull your abdominals down to the floor and up and lift the legs back up to the starting position
Don't allow the back to arch

⑨ CRISS CROSS



Lie on your back
Bend your knees and bring your shins up so that they are parallel to the floor
Place your hands behind your head, supporting the base of the skull
Keep the elbows wide
Curl the chin and shoulders off the mat up to the base of the shoulder blades
Exhale slowly
Extend the right leg out and rotate the right elbow to the left knee
Inhale come to the centre and
Exhale switch legs and then
Rotate left elbow to the right knee

⑩ SPINE STRETCH



Sitting up with legs as wide apart as possible or the width of the mat
Draw toes upward and backward

Reach palms forward at shoulder height
Grow tall
Curl tail bone under and then
Chin touching chest
Begin reaching forward as far forward as possible whilst still maintaining curl
Then stack spine up each vertebrae at a time



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