

## Pilates basic exercise set

1. Lying in the relaxation position – breathe into your ribs and hollow your abdominal muscles as you exhale.



2. Knee openings to the side (5 left, 5 right, alternating)

3. Leg slide (3 left, 3 right)



4. Arm lift (3 left, 3 right)



5. The Star fish (combine 3. and 4. Left arm with right leg etc.)



6. Hip rolls (x 6, in relaxation position with feet and knees drawn together.)

7. Spine curls (pelvic tilts x 3 then into a bridge for 3 more)



8. Knee Folds (5 left. 5 right alternating)



9. Oyster (5 left. 5 right)



10. The diamond press (x6) - breathe in to prepare



- breathe out and hollow abs, shoulder blades slide down the back as shoulders and forehead lift from hands.

- breathe in again

- breathe out and return forehead to hands

11. The cat (hollow abs x 3 then stretch to each vertebra of spine x 3)





12. NECK and SHOULDER exercises

- The Dumb waiter
- Shoulder shrug and slide
- Shoulder circles
- Self neck massage
- Head tilt to ear
- Neck rolls
- Chin tucks



*Premier Pilates Ltd*

 Nicki O'Clarey 01223 719386

 noc.pilates@ntlworld.com