



MIDCOAST PILATES STUDIO

discover your core

YOUR PILATES PRACTICE: A

“In just ten minutes a day, you can achieve a stronger core and improved Pilates practice!”

- Joseph Pilates

This homework handout is for your use after you experienced at least a beginner mat class or lessons with an instructor. More advanced students can use this homework if you want to work deeper, are recovering from an illness or injury, or if you are returning to Pilates after a long break. Enjoy!

The One Hundred

warm up the body



10 Cycles of Breath

- Knees toward your core, then into tabletop position.
- Lift head & shoulders up to the tips of your shoulder blades.
- Pump your straight arms vigorously as you inhale for 5 counts & exhale for 5 counts.
- Repeat for 10 cycles of breath.
- If you need to rest your head, keep the arms pumping and breathe.

The Half Roll Down

stretch & strengthen spine & build core strength



3 Reps

- Sit tall with your knees bent & legs together.
- Place hands behind thighs. Curl your spine into a 'C' shape & look into your abs.
- Inhale, roll your 'C' shape back the length of your arms, curling the small of your back to the mat.
- Take 3 deep breaths. With each breath, pull your abs in deeper. Keep gaze on your belly.
- On the last exhale, roll back up maintaining your 'C' curve.

Single Leg Circles

promote pelvic stability & strengthen abdominals



5 Rotations Each Direction with Each Leg

- Keep hips still, legs long on the mat, and arms long by your sides
- Right leg up, point your toe toward the ceiling, knee is soft & the leg on the mat is bent.
- Use your abs to move your leg across your body away from the left foot and then move your leg back to the starting side (imagine drawing a dessert plate on the ceiling). Keep hips still.
- Repeat four more times then reverse direction. Switch to the other leg and do five circles in each direction.

Single Leg Stretch

stretch & strengthen abdominals



8 Reps Each Leg

- Draw both knees into your chest and hold onto your shins. Bring your head up to look into your abs.
- Hold onto your right leg, pulling it toward shoulder, stretch left leg out to a 45 degree angle.
- Switch legs. Pull your left knee to shoulder, stretch right leg to a 45 degree angle.
- Switch legs with your breath, pulling one to your shoulder while stretching the other leg away.

*Note

- If your head is down, your legs must be to the ceiling for a safe lower back.



Spine Stretch Forward

*stretch lower back & hamstrings,
teaches how to sit out of hips using the Powerhouse*



5 Reps

- Sit up as straight as you can with legs straight and open to a V shape, feet flexed. Arms straight, at shoulder height & shoulder width with long fingers. Inhale.
- Exhale. Chin to chest, nose to navel, crown of your head toward the mat. Keep your abs back way from your toes.
- Inhale. Roll up through your spine, pulling your abs in & up. Stack your spine bone by bone over your sits bone until you are sitting tall.



Balance Control

build core & back strength while working on balance



3 Reps Each Side

- Begin on your hands and knees - wrists under shoulders and knees under hips.
- Keep your abs pulled in as you lift right arm & left leg.
- Hold for 5 count. Return to all fours.
- Lift left arm and right leg. Hold for 5 count. Repeat 2 more times by switching back & forth.

*Note

- Try to maintain stillness in your body.