

## Pilates

### Pilates breath exercise



#### **Exercise Description:**

Pilates breath exercise

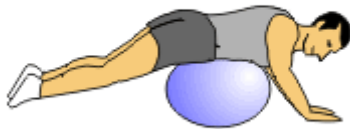
#### **Classification:**

Pilates

#### **Instructions:**

1. Start by lying on your back and placing your feet on top of a ball.
2. Keep your arms at your sides and raise them off the ground.
3. Curl your shoulders up off the ground and hold.
4. Breathe rhythmically with your legs. Breathe in when bring your legs in and breath out as you extend your legs. Your arms should move up and down repeatedly at more of a 2:1 ratio to your legs.

#### **Swan2 on ball**



#### **Exercise Description:**

Swan2 on ball

#### **Classification:**

Pilates

#### **Instructions:**

1. Lie prone on top of a stability ball.
2. Place your hands on the ground to provide support and stabilization.
3. Hold your legs parallel to your body and then proceed to extend your back and raise your legs above parallel.

4. Your legs will only move a couple of inches. Do not try to hyperextend your low back. This is a slow and controlled movement.

#### **Swan on balance disc**



#### **Exercise Description:**

Swan on balance disc

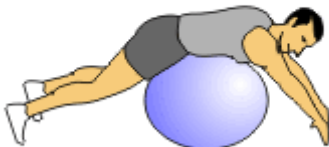
#### **Classification:**

Pilates

#### **Instructions:**

1. Lie prone on top of a balance disc.
2. Hold your legs and arms parallel to your body and then proceed to raise your shoulders up off the ground.
4. Your arms and shoulders will only move a couple of inches. Do not try to hyperextend your low back. This is a slow and controlled movement.

#### **Swan on ball**



#### **Exercise Description:**

Swan on ball

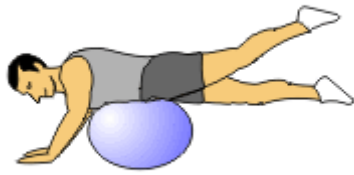
#### **Classification:**

Pilates

#### **Instructions:**

1. Lie prone on top of a stability ball.
2. Place your feet on the ground to provide support and stabilization.
3. Hold your arms parallel to your body and then proceed to extend your back and raise your shoulders and arms above parallel.
4. Your shoulders will only move a couple of inches. Do not try to hyperextend your low back. This is a slow and controlled movement.

#### **Swim on ball**



**Exercise Description:**

Swim on ball

**Classification:**

Pilates

**Instructions:**

1. Lie prone on top of a stability ball.
2. Place your hands on the ground to provide support and stabilization.
3. Hold your legs parallel to your body and then proceed to kick your legs like a swimmer and raise your legs above parallel.
4. Your legs will only move a couple of inches. Do not try to hyperextend your low back. This is a slow and controlled movement.

**Swimming 2 on ball**



**Exercise Description:**

Swimming 2 on ball

**Classification:**

Pilates

**Instructions:**

1. Lie prone on top of a stability ball.
2. Place your legs on the ground to provide support and stabilization.
3. Hold your arms parallel to your body and then proceed to raise your arms up and down.
4. Your arms will only move a couple of inches behind your head.

**Swimming on disc**



**Exercise Description:**

Swimming on disc

**Classification:**

Pilates

**Instructions:**

1. Lie prone on top of a balance disc.
2. Hold your legs and arms parallel to your body and then proceed raise your arms and legs off the ground.
4. Your legs and arms will only move a couple of inches. Do not try to hyperextend your low back. This is a slow and controlled movement.

**Teaser on disc**



**Exercise Description:**

Teaser on disc

**Classification:**

Pilates

**Instructions:**

1. Lie on a balance disc with your legs straight and arms over your head.
2. Simultaneously raise your legs and arms towards the center of your body.
3. Once your arms have reached your legs then raise your arms above your head.
4. Return to the starting position and repeat.

Dbl Leg Stretch on balance disc



**Exercise Description:**

Dbl Leg Stretch on balance disc

**Classification:**

Pilates

**Instructions:**

1. Start by lying on your back with a balance disc under your hips and lower back.
2. Legs should be at 90 degrees at the hip. Lower your legs together and extend them out away from your body.
3. While extending your legs raise your arms up to your head and bring them back down to your waist.
4. Return to the starting position and repeat.

**Dbl Leg Stretch 2 with balance disc**



**Exercise Description:**

Dbl Leg Stretch 2 with balance disc

**Classification:**

Pilates

**Instructions:**

1. Start by lying on your back with a balance disc under your shoulders and upper back
2. Legs should be at 90 degrees at the hip. Lower your legs together and extend them out away from your body.
3. While extending your legs raise your arms up to your head and bring them back down to your waist.
4. Return to the starting position and repeat.

**Plank Hold with leg raise on balance disc**



**Exercise Description:**

Plank Hold with leg raise on balance disc

**Classification:**

Pilates

**Instructions:**

1. Start by forming a parallel plank position with both feet on top of a balance disc.
2. Holding this parallel position raise one leg off the ground maintaining the plank position.
3. Repeat with the other leg.
4. Remember to keep your abs tight and your hips level with the rest of your body.

**Plank hold with 1 leg raise on ball**



**Exercise Description:**

Plank hold with 1 leg raise on ball

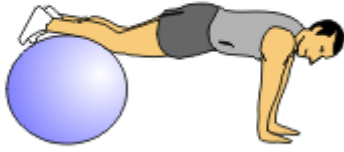
**Classification:**

Pilates

**Instructions:**

1. Start by forming a parallel plank position with both feet on the ground and your hands on top of the stability ball.
2. Holding this parallel position raise one leg off the ground maintaining the plank position.
3. Repeat with the other leg.
4. Remember to keep your abs tight and your hips level with the rest of your body.

**Plank Hold with leg raise on stability ball**



**Exercise Description:**

Plank Hold with leg raise on stability ball

**Classification:**

Pilates

**Instructions:**

1. Start by forming a parallel plank position with both feet on top of the stability ball and your hands on the ground.
2. Holding this parallel position raise one leg off the ball maintaining the plank position.
3. Repeat with the other leg.
4. Remember to keep your abs tight and your hips level with the rest of your body.

**1-Leg Circle with fit band**



**Exercise Description:**

1-Leg Circle with fit band

**Classification:**

Pilates

**Instructions:**

1. Start by lying on your back and placing a band around the foot that is pointed towards the ceiling.
2. Holding the other end of the band with your hands allow your leg to fall towards the side.
3. Once your leg reaches the side then bring it back up to the top and let your leg fall toward the other foot.
4. Bring your leg back up and finish by shifting the leg to the other side.
5. Return to the starting position and repeat.

**1-Leg Circle on balance disc**



**Exercise Description:**

1-Leg Circle on balance disc

**Classification:**

Pilates

**Instructions:**

1. Start by lying on your back with a balance disc under your low back and raise one leg towards the ceiling.
2. Allow your leg to fall towards the side.
3. Once your leg reaches the side then bring it back up to the top and let your leg fall toward the other foot.
4. Bring your leg back up and finish by shifting the leg to the other side.
5. Return to the starting position and repeat.

**Rollover with stability ball**



**Exercise Description:**

Rollover with stability ball

**Classification:**

Pilates

**Instructions:**

1. Lie on your back and place a stability ball between your legs.
2. Keeping your legs straight raise them up holding the ball and bring the ball up to about head level.
3. Return to the starting position and repeat.

**Roll up with balance disc**





**Exercise Description:**

Roll up with balance disc

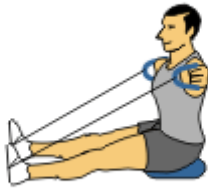
**Classification:**

Pilates

**Instructions:**

1. Lie on your back with a balance disc under your upper back.
2. Curl up one vertebrae at a time until you are in a full sit up position.
3. Return to the starting position and repeat.

**Alternate Toe touch with fit band**



**Exercise Description:**

Alternate Toe touch with fit band

**Classification:**

Pilates

**Instructions:**

1. Start by sitting on the ground with your legs extended in a V-formation.
2. Place a band around both feet and hold onto it with your hands.
3. Keeping your back flat twist and reach with your right hand toward your opposite foot.
4. Repeat with the other hand.

**Alt. Toe Touch with balance disc**



**Exercise Description:**

Alt. Toe Touch with balance disc

**Classification:**

Pilates

**Instructions:**

1. Start by sitting on the ground with your legs extended in a V-formation.
2. Keeping your back flat twist and reach with your right hand toward your opposite foot.
3. Repeat with the other hand.

**Unilateral Leg Raise on balance disc**



**Exercise Description:**

Unilateral Leg Raise on balance disc

**Classification:**

Pilates

**Instructions:**

- 1) Lie back onto floor on top of a balance disc with both knees bent and feet flat. Place hands at sides.
- 2) Contract abdominal muscles continuously to stabilize trunk (or tuck stomach in by drawing naval in towards spine). Lower back should be in a neutral position.
- 3) Start position: Straighten both legs so that they are perpendicular to floor.
- 4) Slowly lower one leg to approximately 45°.
- 5) Return to start position and repeat.
- 6) Remember to maintain stability in lower back throughout movement by keeping abdominal muscles contracted - **DO NOT ARCH LOWER BACK**. To increase intensity, lower legs past 45° without touching floor as long as trunk stability is maintained.

**Shoulder Bridge 2 to 1 leg**



**Exercise Description:**

Shoulder Bridge 2 to 1 leg

**Classification:**

Pilates

**Instructions:**

1. Lie on back with both feet on top of the stability ball and back flat on the floor.
2. Press both feet into the ball so that your hips come up off the ground.
3. While maintaining stabilization pick one leg off the ball so that you are stabilizing with just one foot on the ball.
3. Return to the starting position and repeat with the other leg.

**Shoulder Bridge with band**



**Exercise Description:**

Shoulder Bridge with band

**Classification:**

Pilates

**Instructions:**

1. Lie on back with both feet on the floor with a band under both feet and back flat on the floor.
2. Press both feet into the floor so that your hips come up off the ground.
3. While maintaining stabilization pick one leg off the ball so that you are stabilizing with just one foot on the floor.
3. Return to the starting position and repeat with the other leg. Make sure to keep the band under both feet during the exercise.

**Shoulder Bridge with Balance Disc**



**Exercise Description:**

Shoulder Bridge with Balance Disc

**Classification:**

Pilates

**Instructions:**

1. Lie on back with both feet on the top of a balance disc and back flat on the floor.
2. Press both feet into the disc so that your hips come up off the ground.
3. While maintaining stabilization pick one leg off the disc so that you are stabilizing with just one foot on the disc.
3. Return to the starting position and repeat with the other leg.

**Prone Single Leg Kick on Balance Disc**



**Exercise Description:**

Prone Single Leg Kick on Balance Disc

**Classification:**

Pilates

**Instructions:**

1. Lie face down on top of the balance disc and legs straight.
2. Slowly curl one leg up until your foot hits your hip.
3. Return to the starting position and repeat with the other side.

**Single Leg Stretch on Balance Disc**



**Exercise Description:**

Single Leg Stretch on Balance Disc

**Classification:**

Pilates

**Instructions:**

1. Lie on your back with a balance disc under your low back.
2. Slowly bring one leg up to your chest and grab your leg with both hands to pull your leg slightly farther towards your chest until a stretch is felt in your hip/glute.
3. Return to the starting position and repeat with the other leg.

**Single Leg Stretch on Balance Disc v2**



**Exercise Description:**

Single Leg Stretch on Balance Disc v2

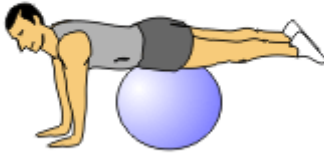
**Classification:**

Pilates

**Instructions:**

1. Lie on your back with a balance disc under your upper back.
2. Slowly bring one leg up to your chest and grab your leg with both hands to pull your leg slightly farther towards your chest until a stretch is felt in your hip/glute.
3. Return to the starting position and repeat with the other leg.

**Single Leg Kick on Stability Ball**



**Exercise Description:**

Single Leg Kick on Stability Ball

**Classification:**

Pilates

**Instructions:**

1. Lie face down on the stability ball placed under your hips. Use your hands to support you on top of the ball.
2. Keeping your legs parallel to the ground slowly curl one leg up towards the back of your leg.
3. Return to the starting position and repeat with the other leg.

**Spine Stretch with Balance Disc**



**Exercise Description:**

Spine Stretch with Balance Disc

**Classification:**

Pilates

**Instructions:**

1. Sit on balance disc with your legs straight out in front of you.
2. Holding your arms out straight slowly bend forward towards your feet.
3. Bend forward one vertebrae at a time and work your way down the spine.
4. Return to the starting position by straightening one vertebrae at a time until you are sitting upright.

**Spine Twist with Stability Ball**



**Exercise Description:**

Spine Twist with Stability Ball

**Classification:**

Pilates

**Instructions:**

1. Sit in an upright position on a stability ball with your feet flat on the floor.
2. Hold your arms out to the side and slowly rotate your shoulders and trunk to the left side and then back to the right.
3. Your trunk and shoulders should stay together as one unit. Repeat according to prescribed repetitions.

**Spine Twist with Band**



**Exercise Description:**

Spine Twist with Band

**Classification:**

Pilates

**Instructions:**

1. Sit in an upright position on the floor and legs flat on the floor
2. Hold your arms out to the side holding a band end in each hand. Slowly rotate your shoulders and trunk to the left side and then back to the right.
3. Your trunk and shoulders should stay together as one unit. Repeat according to prescribed repetitions.

**Spine Twist with Balance Disc**



**Exercise Description:**

Spine Twist with Balance Disc

**Classification:**

Pilates

**Instructions:**

1. Sit in an upright position on the floor and legs flat on the floor. Place a balance disc under your hips.
  2. Hold your arms out to the side.
- Slowly rotate your shoulders and trunk to the left side and then back to the right.
3. Your trunk and shoulders should stay together as one unit. Repeat according to prescribed repetitions.

**Pilates Saw on Stability Ball**



**Exercise Description:**

Pilates Saw on Stability Ball

**Classification:**

Pilates

**Instructions:**

1. Sit on stability ball with your legs straight and your arms outstretched to the side.
2. Rotate and twist your trunk so that your right hand reaches and touches your left foot.
3. Return to the starting position and repeat to the other side.

Side Kick with balance disc



**Exercise Description:**

Side Kick with balance disc

**Classification:**

Pilates

**Instructions:**

1. Lie on side with body aligned and SiFit under waist. Place top hand on hip. Inhale. With bottom leg slightly bent and resting on floor, exhale and extend top leg forward until knee and foot are aligned with hip.
2. Inhale as you bend top leg, then exhale as you extend it toward ceiling.
3. Maintain neutral posture as leg moves.
4. Perform the prescribed repetitions and repeat with the other side.

**Hundreds breathing exercise****Exercise Description:**

Hundreds breathing exercise

**Classification:**

Pilates

**Instructions:**

1. Lie face up on a mat with arms by your sides. Bend legs to 90 degrees. Lift your head and shoulders off mat and take 5 short, consecutive inhales, followed by 5 short, consecutive exhales.
2. At the same time, lift arms off mat and pulse them in unison with the breath — palms face up on inhale and down on exhale. Repeat 10 times for a total of 100 breaths.
3. For more intensity, perform exercises with legs extended at a 45 degree angle, heels resting on ball.

**Hundreds breathing exercise II on sitfit**



**Exercise Description:**

Hundreds breathing exercise II on sitfit

**Classification:**

Pilates

**Instructions:**

1. Lie face up on a mat with arms by your sides. Hold legs in air extended 45 degrees or with knees bent to 90 degrees. Place SitFit under shoulder blades.
2. Lift your head and shoulders off mat and take 5 short, consecutive inhales, followed by 5 short, consecutive exhales.
3. At the same time, lift arms off mat and pulse them in unison with the breath — palms face up on inhale and down on exhale. Repeat 10 times for a total of 100 breaths.

**Hundreds breathing exercise with bands**



**Exercise Description:**

Hundreds breathing exercise with bands

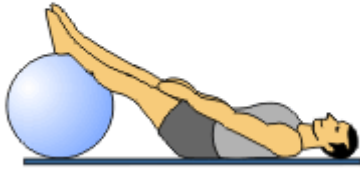
**Classification:**

Pilates

**Instructions:**

1. Securely wrap tubing around feet and hold handles in each hand. Extend legs to 45 degrees, keeping arms by your sides.
2. Lift your head and shoulders off mat and take 5 short, consecutive inhales, followed by 5 short, consecutive exhales.
3. At the same time, lift arms off mat and pulse them in unison with the breath — palms face up on inhale, and down on exhale.
4. Repeat 10 times for a total of 100 breaths.

## Teaser with exercise ball



### **Exercise Description:**

Teaser with exercise ball

### **Classification:**

Pilates

### **Instructions:**

1. Lie face up with legs extended and heels on Sissel Exercise ball. Inhale. Exhale, drawing bellybutton to spine and chin to chest.
2. At the same time, lift torso off floor until you are balanced on your sitting bones and arms are extended to ceiling.
3. Extend spine in neutral position. Inhale as you balance on sitting bones and exhale as you roll down to starting position.

## DbL Leg Stretch 2



### **Exercise Description:**

DbL Leg Stretch 2

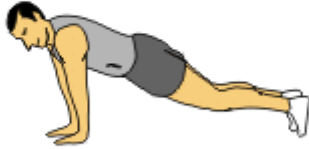
### **Classification:**

Pilates

### **Instructions:**

1. Start by lying on your back on the floor.
2. Legs should be at 90 degrees at the hip. Lower your legs together and extend them out away from your body.
3. While extending your legs raise your arms up to your head and bring them back down to your waist.
4. Return to the starting position and repeat.

## Plank Hold on Floor



### Exercise Description:

Plank Hold on Floor

### Classification:

Pilates

### Instructions:

1. Start by forming a parallel plank position with both feet on your toes.
2. Holding this parallel position raise one leg off the ground maintaining the plank position.
3. Repeat with the other leg.
4. Remember to keep your abs tight and your hips level with the rest of your body.

### 1- Leg Circles



### Exercise Description:

1- Leg Circles

### Classification:

Pilates

### Instructions:

1. Start by lying on your back and raise one leg towards the ceiling.
2. Allow your leg to fall towards the side.
3. Once your leg reaches the side then bring it back up to the top and let your leg fall toward the other foot.
4. Bring your leg back up and finish by shifting the leg to the other side.
5. Return to the starting position and repeat.

### Roll over



**Exercise Description:**

Roll over

**Classification:**

Pilates

**Instructions:**

1. Lie on your back with your legs straight.
2. Keeping your legs straight raise them up and bring your feet to about head level.
3. Return to the starting position and repeat.

**Roll over 2**



**Exercise Description:**

Roll over 2

**Classification:**

Pilates

**Instructions:**

1. Lie on your back and place your legs at a 90 degree angle to the floor.
2. Keeping your legs straight raise them up and bring your feet back to head level
3. Return to the starting position and repeat.

**Roll Up**

**Exercise Description:**

Roll Up

**Classification:**

Pilates

**Instructions:**

1. Lie on your back on the floor.
2. Curl up one vertebrae at a time until you are in a full sit up position.
3. Return to the starting position and repeat.

**Scissors****Exercise Description:**

Scissors

**Classification:**

Pilates

**Instructions:**

- 1) Start position: Straighten both legs so that they are perpendicular to floor.
- 2) Slowly lower one leg to approximately 45°.
- 3) Return to start position and repeat.
- 4) Remember to maintain stability in lower back throughout movement by keeping abdominal muscles contracted - **DO NOT ARCH LOWER BACK**. To increase intensity, lower legs past 45° without touching floor as long as trunk stability is maintained.

**Shoulder Bridge1**



**Exercise Description:**

Shoulder Bridge 1

**Classification:**

Pilates

**Instructions:**

1. Lie on back with both feet on the floor and back flat on the floor.
2. Press both feet into the floor so that your hips come up off the ground.
3. While maintaining stabilization pick one leg off the floor so that you are stabilizing with just one foot on the floor.
3. Return to the starting position and repeat with the other leg.

**Shoulder Bridge 2**



**Exercise Description:**

Shoulder Bridge 2

**Classification:**

Pilates

**Instructions:**

1. Lie on back with both feet on the floor and back flat on the floor.
2. Press both feet into the floor so that your hips come up off the ground.
3. While maintaining stabilization pick one leg off the disc so that you are stabilizing with just one foot on the disc.
3. Return to the starting position keeping your hips off the ground the entire time and repeat with the other leg

**Prone Single Leg Kick**



**Exercise Description:**

Prone Single Leg Kick

**Classification:**

Pilates

**Instructions:**

1. Lie face down on the floor and legs straight.
2. Slowly curl one leg up until your foot hits your hip.
3. Return to the starting position and repeat with the other side

**Single Leg Stretch1**



**Exercise Description:**

Single Leg Stretch1

**Classification:**

Pilates

**Instructions:**

1. Lie on your back on the floor.
2. Slowly bring one leg up to your chest and grab your leg with both hands to pull your leg slightly farther towards your chest until a stretch is felt in your hip/glute.
3. Return to the starting position and repeat with the other leg.

**Single Leg Stretch2**





**Exercise Description:**

Single Leg Stretch2

**Classification:**

Pilates

**Instructions:**

1. Lie on your back with your low back on the floor and your upper back up off the floor. Use your abs to hold this position.
2. Slowly bring one leg up to your chest and grab your leg with both hands to pull your leg slightly farther towards your chest until a stretch is felt in your hip/glute.
3. Return to the starting position and repeat with the other leg.

**Spinal Stretch 1**



**Exercise Description:**

Spinal Stretch 1

**Classification:**

Pilates

**Instructions:**

1. Sit on the floor with your legs straight out in front of you.
2. Holding your arms out straight slowly bend forward towards your feet.
3. Bend forward one vertebrae at a time and work your way down the spine.
4. Return to the starting position by straightening one vertebrae at a time until you are sitting upright.

**Spine Twist1**



**Exercise Description:**

Spine Twist1

**Classification:**

Pilates

**Instructions:**

1. Sit in an upright position on the floor and legs flat on the floor
2. Hold your arms out to the side.  
Slowly rotate your shoulders and trunk to the left side and then back to the right.
3. Your trunk and shoulders should stay together as one unit. Repeat according to prescribed repetitions.

**Hundreds Breathing exercise1**



**Exercise Description:**

Hundreds Breathing exercise1

**Classification:**

Pilates

**Instructions:**

1. Lie face up on a mat with arms by your sides. Bend legs to 90 degrees. Lift your head and shoulders off mat and take 5 short, consecutive inhales, followed by 5 short, consecutive exhales.
2. At the same time, lift arms off mat and pulse them in unison with the breath — palms face up on inhale and down on exhale. Repeat 10 times for a total of 100 breaths.
3. For more intensity, perform exercises with legs extended at a 45 degree angle, heels resting on ball.

**Hundreds Breath exercise 2 on floor**



**Exercise Description:**

Hundreds Breath exercise 2 on floor

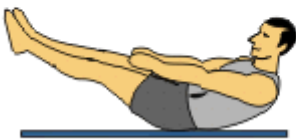
**Classification:**

Pilates

**Instructions:**

1. Lie face up on a mat with arms by your sides. Hold legs in air extended 45 degrees or with knees bent to 90 degrees.
2. Lift your head and shoulders off mat and take 5 short, consecutive inhales, followed by 5 short, consecutive exhales.
3. At the same time, lift arms off mat and pulse them in unison with the breath — palms face up on inhale and down on exhale. Repeat 10 times for a total of 100 breaths.

**Hundreds Breathing Exercise 3**



**Exercise Description:**

Hundreds Breathing Exercise 3

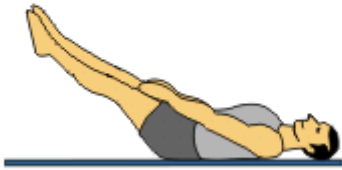
**Classification:**

Pilates

**Instructions:**

1. Extend legs to 45 degrees, keeping arms by your sides.
2. Lift your head and shoulders off mat and take 5 short, consecutive inhales, followed by 5 short, consecutive exhales.
3. At the same time, lift arms off mat and pulse them in unison with the breath — palms face up on inhale, and down on exhale.
4. Repeat 10 times for a total of 100 breaths.

**Teaser**



**Exercise Description:**

Teaser

**Classification:**

Pilates

**Instructions:**

1. Lie face up with legs extended. Inhale. Exhale, drawing bellybutton to spine and chin to chest.
2. At the same time, lift torso off floor until you are balanced on your sitting bones and arms are extended to ceiling.
3. Extend spine in neutral position. Inhale as you balance on sitting bones and exhale as you roll down to starting position.



