
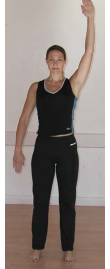


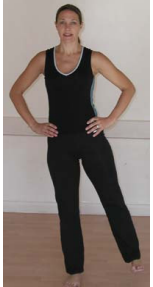
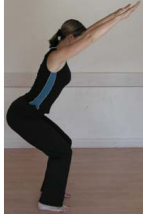
























Fitness-Pilates Exercises

Exercise	Benefits	Pointers	Picture
Standing Fitness-Pilates Exercises - Upper Body			
Spine Twists	Lateral rotation of the spine and obliques (waist)	<ul style="list-style-type: none"> Keep hips facing forwards Arms out to sides Shoulders down, chest lifted Contraction of TVA & Pelvic Floor muscles 	
Arm Switches	Tones upper body especially, shoulders, shoulder blades & deltoids	<ul style="list-style-type: none"> Shoulders relaxed Squeeze shoulder blades on exhale Contraction of TVA & Pelvic Floor muscles 	
Chest Expansion	This stretches and opens the chest, making breathing easier and relieving tension	<ul style="list-style-type: none"> Keep a slight bend in your knees Imagine a string connecting your breastbone to the ceiling. Let that string pull your breastbone up, expanding your chest Roll your arm pits out, opening your chest 	
Chest Lift	Stretching and opening your chest will improve your posture and help you move your upper body more fluidly	<ul style="list-style-type: none"> As you extend your arms to the sides, don't hunch your shoulder towards your ears. Instead keep your shoulder blades pressed down Keep your head above your shoulders, so that your chin is not jutting forward 	
Standing Fitness-Pilates Exercises - Lower Body			
Leg Abduction	Tones, strengthens and streamlines the hips, buttocks and thighs as well as concentrating on core stabilization	<ul style="list-style-type: none"> Can use a chair or wall for balance if you feel uncoordinated Keep the foot flexed Exhale to abduct Contraction of TVA & Pelvic Floor muscles 	

Exercise	Benefits	Pointers	Picture
Squats	Same as above, general lower body toner, as well as lower back	<ul style="list-style-type: none"> • Contraction of TVA & Pelvic Floor muscles • Knees hip width apart • Imagine sitting back onto a chair 	
Roll Downs	Extension and forward flexion of spine, increase flexibility in hamstrings	<ul style="list-style-type: none"> • Neutral standing position • Contraction of TVA & Pelvic Floor muscles • Rounded spine as you roll down • Feel bottom lift up towards ceiling 	
Fitness-Pilates Floorwork - Prone			
Press Ups	Strengthen your upper arms, chest, shoulders and upper back as well as develop abdominal control and coordinated breathing	<ul style="list-style-type: none"> • Keep your elbows close to your sides • Keep your abs strong to prevent hips from sinking 	
Kneeling Swimming	Great for your back muscles that line your spine, this move teaches you to keep your abs pressed towards your spine as you extend through your back as well as concentrate on opposites	<ul style="list-style-type: none"> • Think length through your finger tips and your toes – long not high • Press your abs towards your back to prevent your lower back from arching • Keep your abs engaged, don't let your tummy hang down – pull it in and up 	
Plank Preparation	Strengthens your upper body, arms, shoulders, upper back, abs, and legs	<ul style="list-style-type: none"> • Push the bottom up and in line with the height of the spine. • Abs are connected during raise and lower of the buttocks 	
Swan Dive	Strengthens your lower back muscles and elongates your spine	<ul style="list-style-type: none"> • Abdominals and pulled into the spine with soft buttocks • If you feel pinching in your lower back, your abs are not engaged and navel not firmly in against your spine • Do not lift your torso too high or throw your head back 	
Double Leg Raise	Strengthens and stretches your abs, strengthens your lower back and elongates your lower spine	<ul style="list-style-type: none"> • Same as above • Don't lift your legs too high; keep your spine long. 	
Superman	Strengthens and stretches your abs, strengthens your entire back and elongates your spine	<ul style="list-style-type: none"> • To keep those abs pulled in and up, imagine trying to lift your abs off the floor so that only your ribs and pubic bone touch the ground • Don't arch your back too much – think of your spine as long and lengthened 	
Fitness-Pilates Floorwork - The Side Series			
Side Leg Lifts	Strengthens your obliques, hips, buttocks and thighs, as well as stretches you inner thighs. Great for toning your hips too!	<ul style="list-style-type: none"> • Keep the hips even, stacked one on top of the other • Resist the urge to roll your leg inwards or to allow your hips to collapse forwards • Keep both toes pointed away from the body • The core stays strong and still 	

Exercise	Benefits	Pointers	Picture
Side Leg Circles	This works the hips, thighs and buttocks as well as your abdominals. It stretches your buttocks and leg muscles and mobilizes your hip joints.	<ul style="list-style-type: none"> • Same body position as above • Use your abs to keep your hips in line. Avoid tilting the uppermost hip or shoulder forward as you circle your legs • Do not be concerned if your hips make a slight clicking sound – it is a simple indication of tightness of the ligaments. • Stop if you feel pain in the hips or lower back 	
Open Stretch	Stretches your inner and outer thighs and releases tension from your hips and is great for leg circulation	<ul style="list-style-type: none"> • Press your heels towards the ceiling • Keep your head and shoulders on the floor • Let your hands gently press your legs open to a wide V on your inner thighs – avoid the knee joints 	
Fitness-Pilates Floorwork – Supine			
Ab Curl Prep	Helps increase circulation as well as strengthen abs, particularly upper abdominals	<ul style="list-style-type: none"> • Resist tendency to work upper body • Relax your arms and work from the core • Contraction of TVA & Pelvic Floor muscles • Do not pull your head forward 	
Toe Taps	Helps build lower abdominal strength as well as help you learn the basic Pilates ab posture.	<ul style="list-style-type: none"> • Keep hips level and motionless through the move • Maintain contraction of TVA and PF throughout • Only parts of body that move are your legs 	
Shoulder Bridge	Uses the deepest abdominal muscles as well as stretches your hip flexors and strengthens hamstrings and firms buttocks and back of thighs	<ul style="list-style-type: none"> • Imagine curling your hip bones towards your ribs. • Abs appeared scooped in and hollowed • Contract abs and PF • Tighten buttocks and back of thighs when hips are raised 	
Pilates 100	This is a breathing exercise that also strengthens the abdominal region as well as warm you up	<ul style="list-style-type: none"> • Keep knees pressed together and Contraction of TVA & Pelvic Floor muscles • Rest between sets to build yourself up gradually • Think "length" stretching through your fingertips • Bring your navel down to maintain support for spine • Keep your ribcage in and drawn down towards your hips 	
Single Leg Circles	Leg circles help strengthen your inner and outer thighs as well as teach you to stabilise your abs and hips during circular movements	<ul style="list-style-type: none"> • Keep both buttocks on the floor at all times • Keep the abs completely still • Imagine you are drawing a circle on the ceiling with your big toe • Draw small circles first and progress to bigger • Anchor hips to the floor 	
Roll Down	Increase strength and stamina through the rectus abdominals especially the lower abs and massage the spine into the mat	<ul style="list-style-type: none"> • Knees are bent and hip distance apart • Arms are extended with the shoulders relaxed • Draw the pelvis toward the ceiling whilst hollowing out the abs • When imprinting go back 	

Exercise	Benefits	Pointers	Picture
		vertebra by vertebra	
Roll Ups	Build basic abdominal strength so you can move on to more advanced Pilates exercises. Stretches the hamstrings and loosens the spine. Improves abdominal control through imprinting	<ul style="list-style-type: none"> Relax your neck and shoulders Imagine scooping out your abdominal area into a C shape It is not a contest to see how high you can lift your shoulders, focus on the abs. Keep your heels on the floor at all times 	
Single Leg Stretch	Helps you stabilize your hips and abs even when your legs aren't together. It will boost your co-ordination and stretch your back and legs	<ul style="list-style-type: none"> Think length. Extend your straight leg as much as possible. Press through your inner thighs Relax your shoulders Keep neck open and long 	
Double Leg Stretch	A fantastic ab strengthener, this move will teach you how to contract your abs as you move and co-ordinate your breath with arm and leg movement as well as stretch your arms and legs	<ul style="list-style-type: none"> Do not arch your back when extended arms and legs - raise arms and legs up to ceiling if this occurs Think of your pubic bone and ribcage moving away from each other and that a heavy brick is keeping you from rounding your abdominals 	
The Criss Cross	This strengthens the obliques and the core abdominal muscles	<ul style="list-style-type: none"> Keep your shoulder blades on the floor throughout the move Press out through the toes of your extended leg You should not be able to see your elbows, open them more to the side if you can Plant your hips down towards the floor Keep your torso anchored to the floor 	
Spine Stretch Fwd	Strengthens your deep abdominals and your TVA and helps to develop a better posture. Increases flexibility in your hamstrings too	<ul style="list-style-type: none"> Keep your shoulders away from your ears Move from your abs first, bringing them towards your spine to help you reach forward Deep cleansing breaths to encourage deep stretch 	
The Saw	This move stretches the spine as it rotates as well as strengthens the sides of your body. The breathing forces you to push our stale air from deep in your lungs	<ul style="list-style-type: none"> As you reach forward, rotate from your ribs and turn your chest towards the ceiling Throughout the move, lengthen through the crown of your head Keep both hips pressed into the floor, don't let the buttocks raise Scoop in your abs 	
Inner Thigh Stretch	Stretches your inner thighs and hips to relieve tension and regain flexibility	<ul style="list-style-type: none"> Soles of the feet together Back straight Shoulders relaxed and shoulder blades drawn together Draw head towards feet, scoop out abs 	