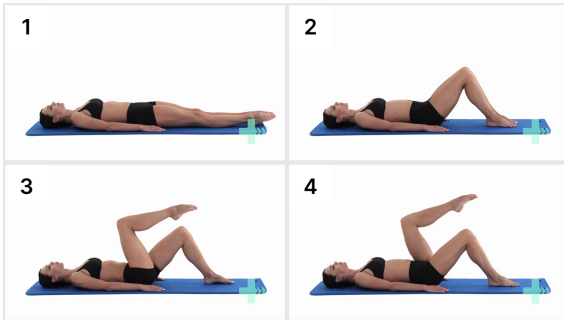


ACT

2 Sets / 10 Reps



1. Pilates single leg lift

Lie on your back in a neutral spine position.

Bend your legs, keeping your knees and feet parallel and at hip width apart with your arms by your sides.

EXHALE: lift your leg off the mat with the bent knee at a 90 degree angle and your foot Plantar flexed (pointed).

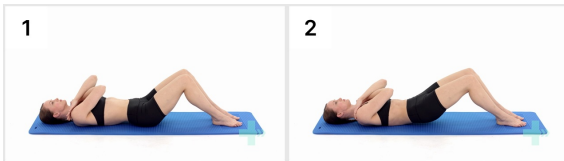
INHALE: lower your leg down and tap the floor with your toe.

Perform the desired number of the repetitions and change legs.

Keep the pelvis stable as you raise and lower your leg, hinging at the hip joint.

Maintain your leg bent at a constant angle of 90 degrees.

2 Sets / 10 Reps / 1 s hold



2. Pelvic tilts

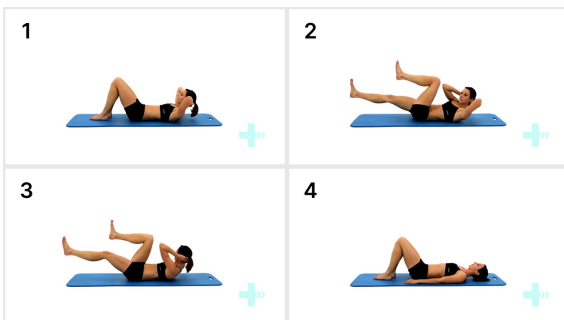
Lie on your back with your knees bent and feet flat on the floor.

Pull your bellybutton towards your spine and clench your buttock muscles to roll the tail bone up off the floor.

The majority of the effort should come from your abdominal and buttock muscles. Your lower back should press firmly into the floor.

Relax and repeat.

2 Sets / 10 Reps



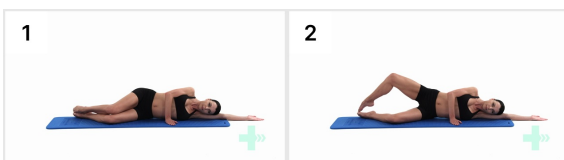
3. Supine cycling opposite elbow to knee

Lie on your back and lift your legs up so your hips and knees are at 90 degrees. Place your hands behind your head and tuck your chin to your chest, lifting your head up into a crunch position.

Keeping your lower back pushed into the mat, pedal your legs like you're riding a bike.

Bring your opposite knee to opposite elbow as you pedal your legs.

2 Sets / 10 Reps



4. Pilates clam level 1

Lie on your side with your hips and shoulders inline.

Bend your legs so that your hips are bent at a 45 degree angle and your knees are at a 90 degree angle.

Stretch out your bottom arm and rest your head on it.

Bend the top arm with your hand on the mat in front of your body for stability.

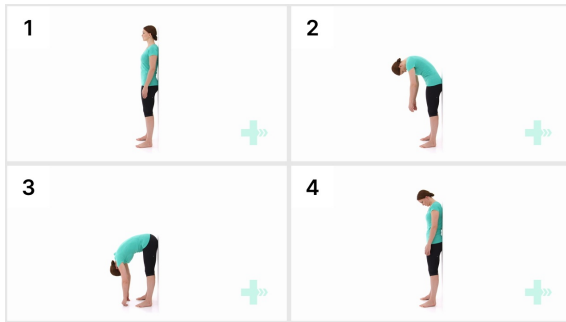
EXHALE: rotate your hip and lift your knee upwards

INHALE: lower your knee down to the starting position.

Change sides after the desired number of repetitions.

Keep your big toes together as you rotate your leg in your hip joint.

Open the knee only as far as you possibly can without disturbing the alignment of your hips.



5. Roll down against wall

Stand up straight with your back to a wall, your spine in neutral position and your feet hip-width apart.

Ensure your back is making contact with the wall.

Let your arms relax along the sides of your body.

INHALE: lengthen your spine.

EXHALE: roll down all the way to the floor trying to peel your spine off the wall one vertebra at a time starting from the top.

Reach your hands towards the floor.

Once you have reached as far as you can, hold this position for one inhale.

EXHALE: and roll your spine back to the upright position, touching one vertebra at a time to the wall.

Notes:

- doesn't have to be at wall

2 Sets / 10 Reps

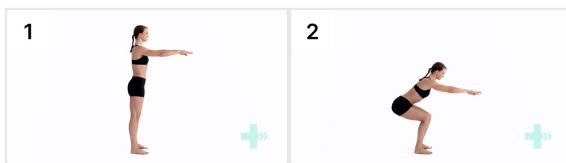
6. Squat

Stand with your feet shoulder-width apart.

Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.

Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.

As you squat, bend from your hips and keep your back straight.



2 Sets / 5 Reps

7. Pilates arm opening

Lie on your side with your head resting on a small cushion.

Bend both legs at a 45 degree angle to the hips, keeping them together and straighten your arms out in front of your body with one arm on top of the other.

INHALE: raise your top arm up towards the ceiling, followed by your head and upper body

EXHALE: continue rotating the spine, as you lower your straight arm further down

INHALE: bring your arm back, reaching to the ceiling

EXHALE: lower your arm down to the starting position

Allow your head to follow the movement of your arm.

Hold the stretch and engage your abdominals as you bring your arm back over and down to the starting position.

