

Better Health Nutrition & Fitness  
WA

## 1. Pilates pelvic curl



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.

INHALE: no movement

EXHALE: draw the abdominals in and roll up, lifting your pelvis off the mat

INHALE: no movement

EXHALE: roll your spine down onto the mat

Roll your back up and down, articulating your spine vertebrae by vertebrae.

Maintain your knees parallel and do not allow them to open.

## 2. 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.

## 3. Pilates chest lift



Lie on your back.

Bend your knees with your feet flat on the floor at hip width apart.

Place your hands behind your head with fingers interlaced.

INHALE: no movement

EXHALE: lift your chest and head off the mat

INHALE: pause in the raised position

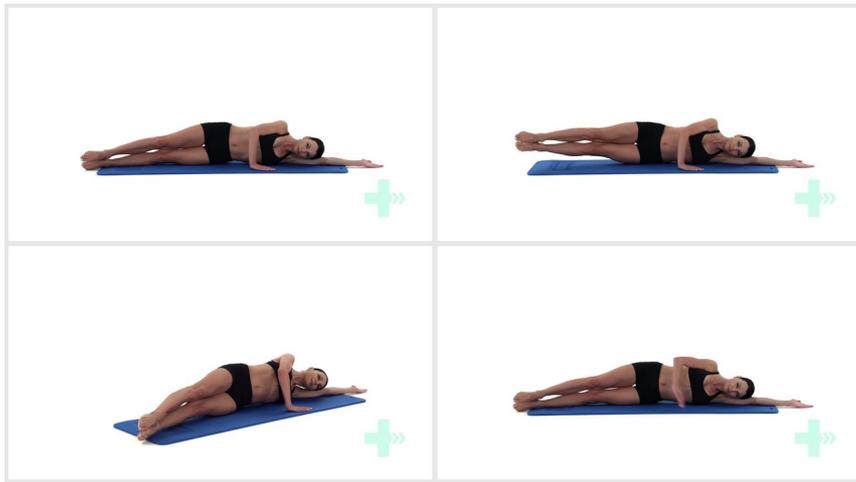
EXHALE: lower your upper body down on the mat

Maintain your pelvis in the neutral position throughout.

Keep your legs parallel and do not allow them to open.

Move your head and chest together.

## 4. Pilates side leg lift



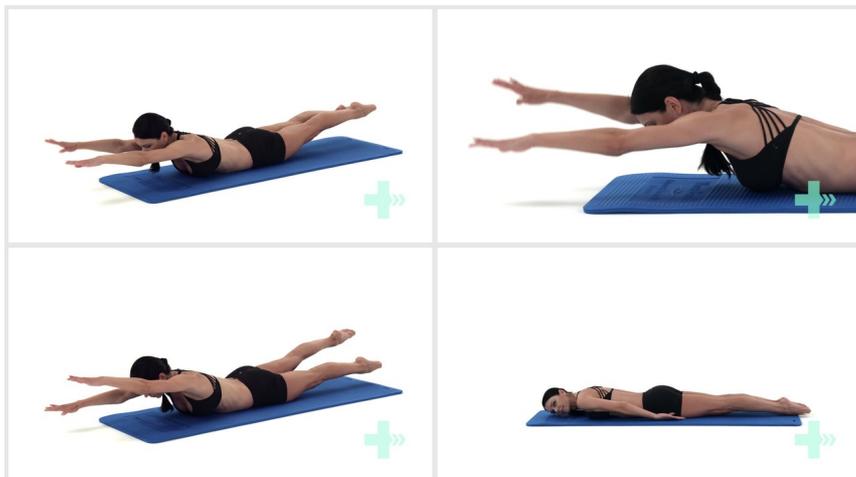
Lie on your side with your head resting on your bottom arm which should be stretched straight outwards. Place your top arm on the mat with the elbow bent in front of you for balance.

Your pelvis should be perpendicular to the mat with your legs pressing together and slightly to the front. EXHALE: lift both legs off the mat, keeping them locked.

INHALE: lower your legs back down but do not touch the mat

Keep your feet aligned and together and up off the mat throughout the exercise and use your abdominals to raise your legs upwards.

## 5. Pilates swimming level 3



Lie in the prone position with your chest lifted and your arms and legs stretched out and raised just off the mat.

INHALE: lift one arm and the opposite leg at the same time for 5 changes

EXHALE: continue on lifting your arm and the opposite leg for 5 more changes

Maintain your arms and legs extended as far out as possible throughout the exercise.

Keep the pulses small in range and your trunk stable.

**1. Pilates pelvic curl**



Prescription/Date:																				
3 Sets																				
10 Reps																				

**2. Pilates single leg lift**



Prescription/Date:																				
3 Sets																				
10 Reps																				

**3. Pilates chest lift**



Prescription/Date:																				
3 Sets																				
10 Reps																				

**4. Pilates side leg lift**



Prescription/Date:																				
3 Sets																				
10 Reps																				

**5. Pilates swimming level 3**



Prescription/Date:																				
3 Sets																				
10 Reps																				