



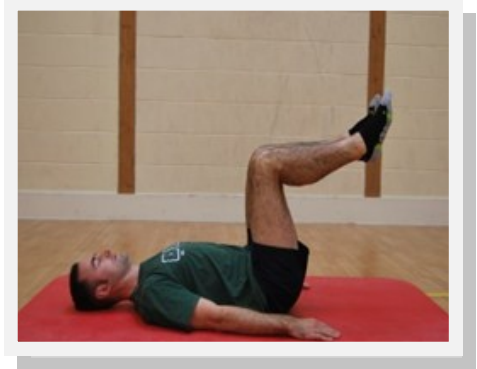
## Beginners Pilates

### Week Two

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### Double Table Top Position

- From your rest position.
- Float one leg to table top position and hold.
- As you slowly float the second leg to table top think about the position of your lower spine and maintain your neutral position.
- Hopefully you felt your upper abdominals tense automatically as you maintained your neutral position whilst raising the second leg.



#### **Tips**

- Check breathing.
- Check the position of the thighs are vertical so that the muscles at the front of the hips are kept fairly relaxed.
- If your head tilts backwards so that the chin pokes up towards the ceiling place a towel beneath it.

### Hundreds

#### **Level 3**

- Adopt the double table position as described above.
- Gently float the arms so that they hover above the mat.
- As you notice your breathing, gently pulse the arms up and down ( an inch or so) and count 10 full breaths.
- Slowly return one foot to the floor whilst still controlling the lower spine whilst maintaining a breathing pattern, then return the second foot.

**Tips** - See Above



## Beginners Pilates

### Week Two

#### Abdominal Preparation

Starting Position:

- Rest position.
- Place your hands behind your head taking the weight of your head.

Action:

- Breathe out allowing your ribs to soften down towards your headlights.
- Then continue to lower your ribs towards your headlights, rolling your upper back and shoulder blades off the mat.
- Bring your head off the mat taking the weight of your head in your hands, and imagining you have an apple between your chin and chest.

Tips:

- Concentrate on lowering your rib cage towards your headlights and not lifting your chin forwards..
- Do not allow your stomach to dome forwards



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## Beginners Pilates

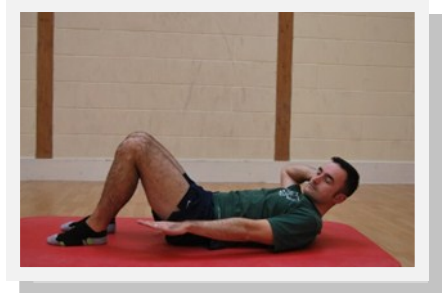
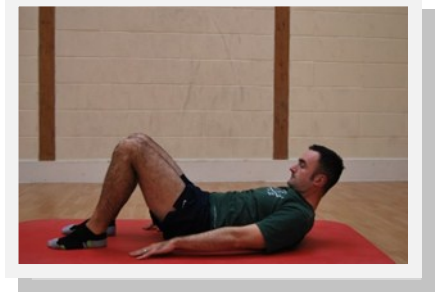
### Week Two

#### Oblique Preparation

*Starting position: Rest position. Palm of your right hand supporting the back of your head. Left arm resting long beside the body.*

##### Level 1

- Whilst supporting the head think of tilting the ribcage and directing the right shoulder towards the left hip following a diagonal movement. Gently take the weight of the left arm (hovers above the floor) and lengthen towards the toes whilst performing the twist.
- Reverse the twist lowering your upper body to the mat in the midline
- Perform 8 – 10 reps this way then change sides.

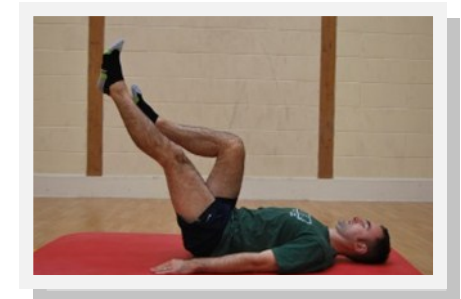
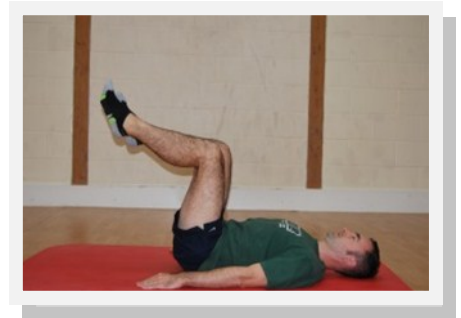


#### One Leg Stretch

*(once double table top position is comfortable to perform see Hundreds Level 3)*

##### Level 3

- Start by raising one leg to table top, then slowly bring the second leg to join.
- From a double table top position lengthen one leg away from you and lower to a position you can control comfortably.
- Fold the knee and hip to return to the table top position
- Repeat alternating legs



##### Tips

- Be aware and enable a normal breathing pattern.
- Check for any unwanted doming of the abdominals.
- If you find your head tilts backwards place a folded towel beneath it.

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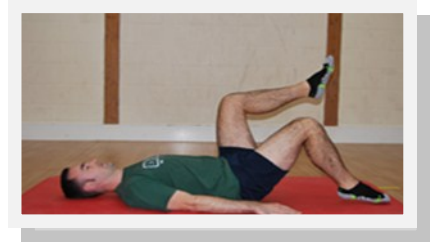
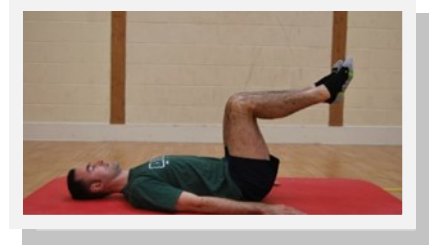
## Beginners Pilates

### Week Two

#### Scissors

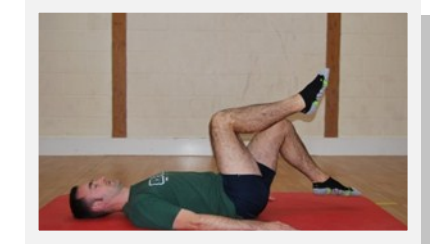
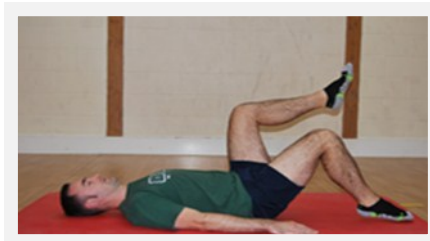
##### Level 2

- From your rest position gently raise each leg (one at a time) into a double table top position.
- Slowly lower one foot towards the floor using the hip as the hinge and gently touch the floor, return to table top.
- Alternate legs.



##### Level 3

- Start in a single table top position.
- As you lower the raised foot towards the floor simultaneously raise the opposite leg to table top position.
- Movement of the hips should be co-ordinated, rhythmical and constant.



##### Tips

- Imagine your shoulder blades and ribcage softening into the mat.
- Check breathing and position of lower spine.
- If your head is tilting backwards so that the chin pokes up towards the ceiling, place a towel beneath it.

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## Beginners Pilates

### Week Two

#### Hip Twist

##### Level 3

*Starting position: Neutral position.*

- Find your neutral to prepare
- Float your left leg into tabletop
- Hold the tabletop position
- Keeping your leg in tabletop, roll the leg outwards from your hip joint, keeping your headlights level
- Draw this leg back inwards until your left knee is directly above your left hip
- Repeat several repetitions on this leg and then repeat on the opposite leg



##### Level 4

*Starting position: Neutral position.*

- As above, raise one leg to tabletop, whilst maintaining neutral position slowly raise the second leg to tabletop, you should notice your abdominals automatically tense.
- Keeping your legs in tabletop, roll your left leg outwards from your hip joint, keeping the right leg still
- Return this leg back until your left knee is directly above your left hip
- Repeat on your right leg, keeping the left leg still
- Repeat alternating legs



##### Tips

- Imagine your shoulder blades as anchors to prevent them lifting away from the mat
- As the legs roll to the side, imagine the ribcage sliding downwards to meet the hips to avoid flaring the ribcage
- Maintain a normal breathing pattern, check for any unwanted protrusion of the abdominals.

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## Beginners Pilates

### Week Two

#### Shoulder Bridge

##### Level 3

- Roll into the shoulder bridge position.
- Whilst maintaining the bridge transfer your weight onto one foot and raise the other away from the mat until the knee is straight and the thighs are parallel with one another. Pause then gently fold this knee lowering the foot back to the mat.
- Alternate legs without lowering the pelvis to the mat between each movement
- After 8 – 10 reps, whilst on two feet evenly slowly lower the shoulder bridge back to the floor by rolling down through the spine and pelvis.



##### Tips

- Whilst performing the bridge imagine the spine is a string of pearls and you are lifting this string of pearls off the mat pearl by pearl
- Keep your collarbones wide and the back of your neck long through out
- Imagine a harness suspended from the ceiling lifting and supporting the pelvis in the bridge

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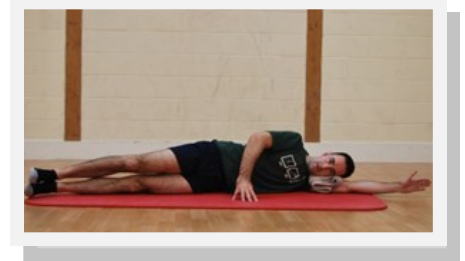


## Beginners Pilates

### Week Two

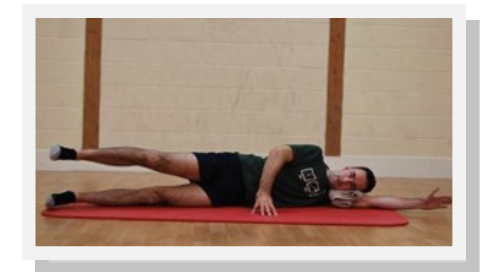
#### Side Leg Lifts

*Starting position: Side lying. Underneath arm outstretched in alignment with the trunk. Rest your head on your arm. Hips slightly bent with legs out long in alignment with the trunk. Shoulders and hips stacked. Top hand on hip or the floor for support. Maintain a small space between the waist and the mat.*



#### **Level 1**

- Allow the top leg to gently float away from the other leg.
- Float the bottom leg towards the top leg.
- Lower both legs to the mat



#### **Tips**

- Imagine two sheets of glass encasing the body, one along the front and one along the back to avoid rolling your body
- Reach your feet towards the wall at the foot end of the body to lengthen the legs
- Imagine a ribbon threaded in the space between your waist and the mat to prevent sinking your waist to the mat

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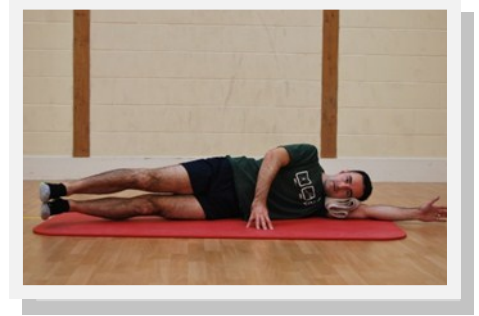
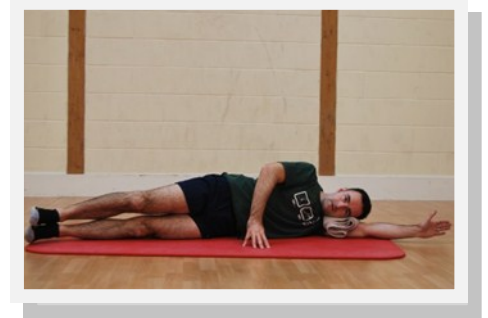
## Beginners Pilates

### Week Two

#### Side Kicks

##### Level 4

- Float the top leg away from the bottom leg. Take the underneath leg to meet your top leg
- Slowly swing your top leg forwards, keeping both legs away from the mat.
- Glide your top leg backwards, as though on a table surface.



##### Tips

- Keep a small space between the waist and the mat.

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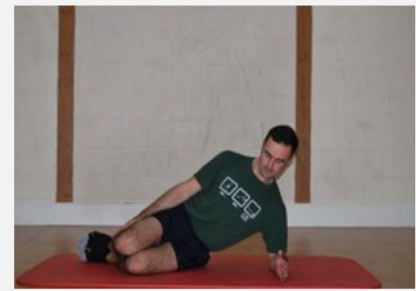


## Beginners Pilates

### Week Two

#### Side Bend

*Starting position: Resting on your elbow with your hips slightly bent and knees bent roughly 90°. Feet in line with hips and shoulders. Hips and shoulders stacked and facing forwards. Top arm resting long on top of the legs. Neck long in alignment with the trunk.*



#### **Level 1**

- Pressing down through your forearm and knee, gently lift your pelvis off the mat, lengthening from the fingertips down the side of the body to your knees.
- Slowly lower your pelvis to the mat, bringing it backwards as well as downwards whilst keeping the waist lengthened on either side. Lower your top arm to your side.



#### **Tips**

- On rising think of pressing forwards through the hips in order to iron out the creases at the front of them
- Try to maintain the gap between the ear and the shoulder so that the neck remains in a neutral position
- Think about sharing the load between the shoulder and the hips.

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# Beginners Pilates

## Week Two

### Swimming

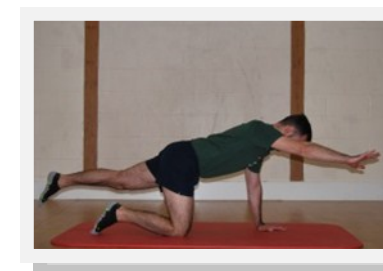
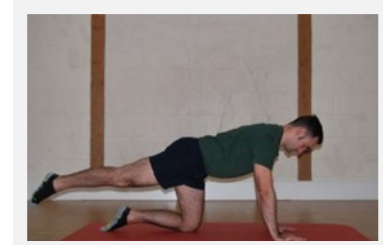
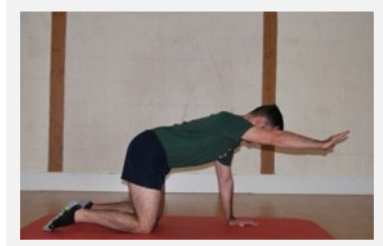
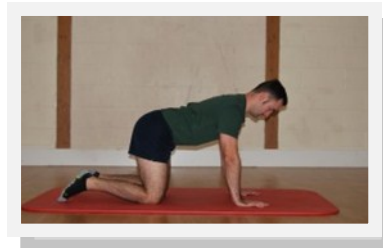
#### Level 4

*Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Elbow joints soft. Head and neck in alignment with your spine.*

- Slide one hand forwards along the mat, lengthening the arm out in front of you. Return arm to mat and switch sides.
- Lengthen one leg along the floor, until your foot begins to float away from the floor. Think about keeping a balanced cup on the back of your pelvis.
- Once competent at separate arms and legs, introduce opposite arm and leg. Alternate

#### Tips

- Imagine balancing a drinks tray on you lower back to avoid rocking sideways
- Imagine reaching through the arms and legs to reach the wall at either ends of you



# Beginners Pilates

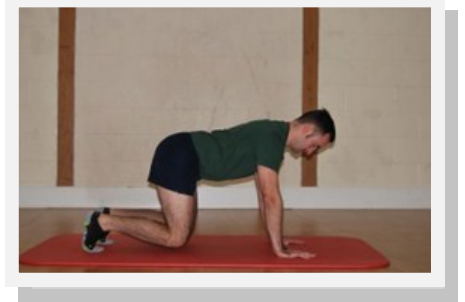
## Week Two

### The Plank Series

*Starting position: Kneel on your hands and knees. Knees directly under hips and hands slightly forwards of your shoulders. Curl your toes under to rest on the balls of your feet. Elbow joints soft. Head and neck lifted in alignment with your spine. Spine long in a 'tabletop' / neutral position.*

#### **Level 1**

- Press down through your hands and your toes and raise your knees one inch off the floor, keeping neutral alignment throughout the spine and breathe naturally.
- Hold this position up to 10 secs, breathe!
- Lower slowly to the mat & relax.



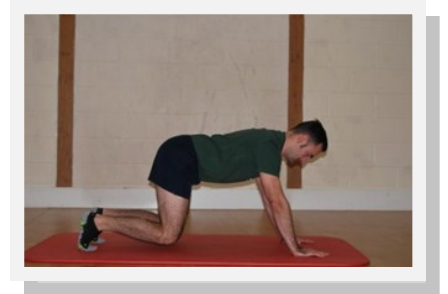
#### **Level 2**

- As above, whilst the knees are hovering above the floor gently take one foot off the floor by folding from the knee, return and rest, or remain raised and alternate 6 – 8 reps.

#### **Level 3**

*Starting position: Place your hands 1 hand span further forwards on the mat, keeping the knees directly under the hips. Curl your toes under to rest on the balls of your feet. Elbow joints soft. Head and neck lifted in alignment with your spine.*

- Hover your knees one inch off the mat. Then lift your body upwards and forwards, into a long plank position
- Hold the this position for up to 10 secs
- Slowly fold your knees & hips returning to the original hovering position. Then lower your knees to the mat.



#### **Tips**

- Imagine a straight line through the crown of your head down to your tailbone.
- Remember to breathe.



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