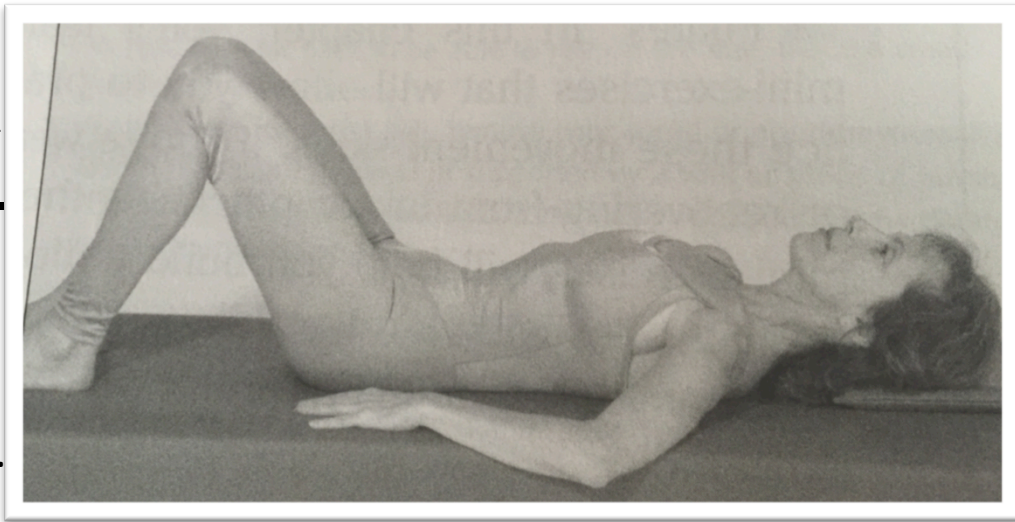


Pilates Breathing[^]



1. Lie in hook lying (as seen in picture), and begin by inhaling through your nose (mouth closed, but relaxed), expanding your lungs as far as you can in all directions.

* As you inhale, you should feel your ribs inflate and expand, and your belly should scoop in and up.

2. Exhale with an open mouth and slowly and steadily draw in your abdominal muscles to squeeze the air from your lungs. Make the squeezing movements completely encircle your torso, so your front, sides, and lower back work in unison.

* As your exhale, your waist narrows and the distance between your ribs and hips lengthens all the way around your body. Feel the deep transverse abdominis going to work!

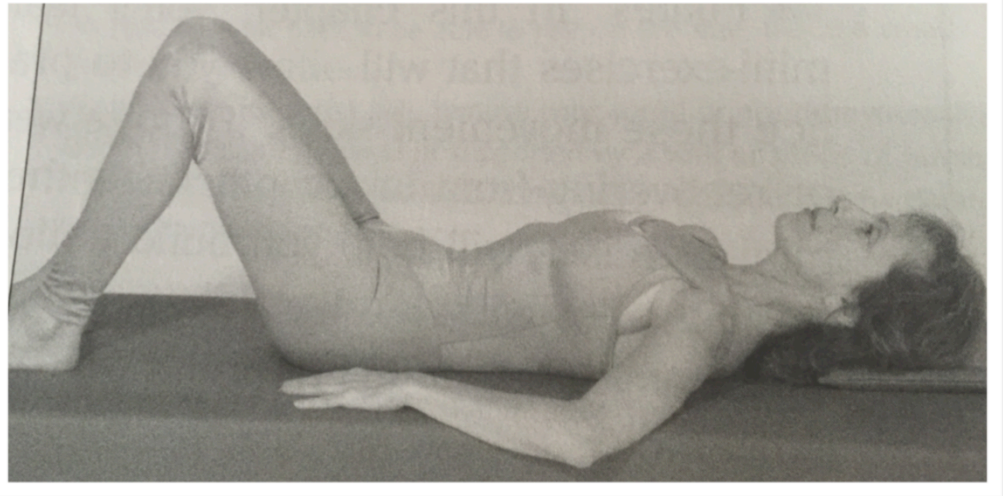
3. Repeat 4 or 5 times, each time attempting to pull more air into your lungs and squeeze more air out of them.

Tips

➤ Notice that when you breath through your belly, your lungs don't expand as fully everywhere else. So, make sure you scoop your abdominals in and up to limit the amount of breath that expands your belly.

[^] Alpers, A. T., & Segel , R. T. (2002). The Everything Pilates Book: The ultimate guide to making your body stronger, leaner, and healthier. Avon, MA: F+W Publications.

Pilates Scoop[^]



1. Inhale to prepare, and as you exhale, draw your abdominal muscles away from your pubic bone, in toward your spine, and up under your ribs, creating a deep, hollow, scooped out bowl in your abdomen.

* This is a muscular action only! Do not move your pelvis or spine.

2. Inhale, maintaining the scoop.

3. Exhale, even more powerfully to deepen this squeezing, scooping action.

4. Repeat 3 to 4 more times to get your Powerhouse muscles, especially the transverse abdominis, firing powerfully.

Tips

- Be sure to keep your neck and shoulders relaxed
- When you perform the scoop, think about the encircling corset of muscles, the obliques and transverse abdominis, and draw the corset strings snug around your waist.

Pelvic Rocking[^]



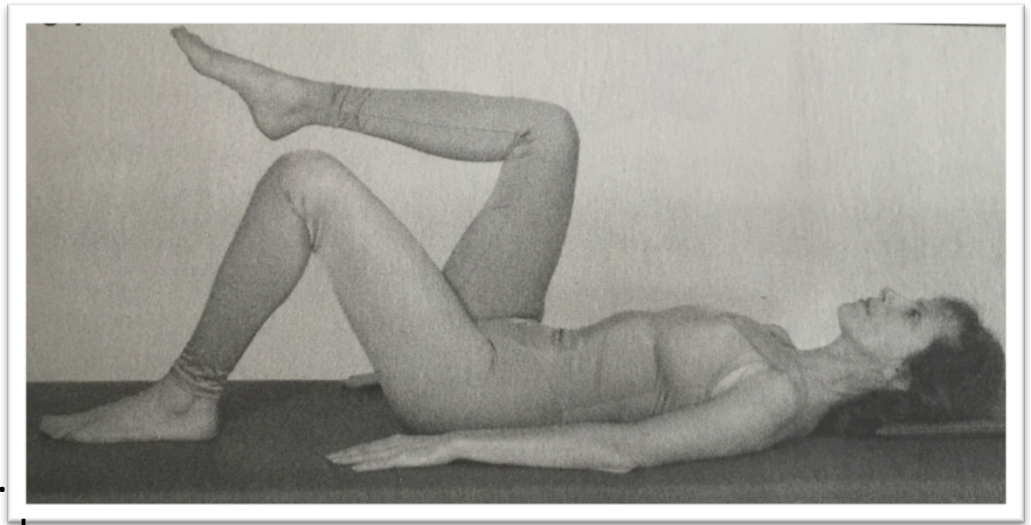
1. Lie in hook lying with your feet pressed down into mat table and slightly back toward your hips (without actually moving them).
 2. To begin curling your pelvis off the mat, scoop your abdominals in and up the front of your spine and pull your pubic bone up toward your sternum, Into a posterior pelvic tilt. This should lengthen and flatten your lower back. Your back and glutes should be relaxed.
 3. The 2nd step of the pelvic rocking is to move into the arch/anterior pelvic tilt. Sequentially, roll your lumbar spine, sacrum, and pelvis onto the mat, lengthening your hamstrings, and lowering your ischial tuberosities.
 4. Maintain the abdominal scoop as your continue to move your pelvis away from you until your pubic bone, tailbone, and ischial tuberosities are pointing on a long shallow diagonal toward your heels.
- * This is a very small movements.
 - * Make sure you don't strain, crunch, push, or overextend your lower back up off the mat in your arch.
5. Rock back and forth between the arch and curl 5 to 6 times. Continue with your Pilates breathing.
 6. Make the rocking movement smaller and smaller, until you find a still pelvic posture somewhere equally balanced between the arch and curl. In this neutral position, your pubic bone and hip bones are approximately level with each other.

Tips

- Can also place fingertips on the ASISs to feel the movement
- Imagine the pelvis is a bowl of soup. As you curl you dip the bowl backward (posteriorly) the soup spills out the back. As you arch, you tilt the bowl forward (anteriorly) and the soup spills forward.

[^] Alpers, A. T., & Segel, R. T. (2002). The Everything Pilates Book: The ultimate guide to making your body stronger, leaner, and healthier. Avon, MA: F+W Publications.

Knee Folds[^]



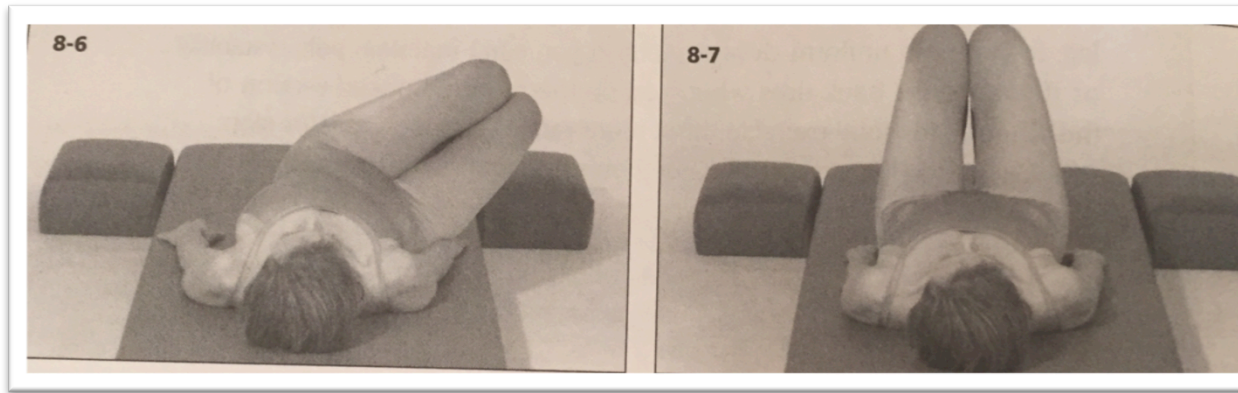
1. Lie in hook lying position, and gently squeeze your legs and feet together. Engage the muscles of your corset and pelvis to stabilize as you prepare to move.

1. Using Pilates breath, inhale and lift one leg
2. Exhale, cinching your corset to maintain a stable pelvis as you lower your leg to the mat
3. Repeat 4 times with the same leg, and then switch to the other leg and do the movement 5 times.

Tips

- Maintain a neutral pelvic posture- don't arch or curl your pelvis as you move the legs
- Keep your abdominals lengthened, and do not allow your rectus abdominis to bulge out
- Modify to make easier: place feet on a higher surface so there less ROM is needed
- Modify to make harder: use instructions to bring 1 leg up, and on the next inhale lift the other leg to meet (making sure you don't allow the back to arch). Lower 1 leg at a time with exhales.
- Can also try switching up the breath pattern.

Knee Sways[^]



1. Lie in hook lying (as seen in far right picture), Gently squeezing your legs and feet together, keeping your knees and ankle bones touching throughout this exercise.
2. Inhale and scoop your belly in and up your spine as you sway both knees to the right. Making sure your ribs and shoulders are anchored to the mat, and your ankles are gently pressed together.
 - * This movement is small and controlled, and causes a slight twist in the pelvis, and the left hip should lift off of the mat.
 - * Make sure your legs do not shift or slide against each other.
3. Exhale and scoop your belly in and up your spine as you return to the starting position.
 - * As you return think vertebra by vertebra
4. Repeat to the left to complete 1 set. Alternate this twisting movement for 3 more sets.

Tips

- Use the concept of oppositional energy: stretch your squeezing inner thighs away from the scooping belly

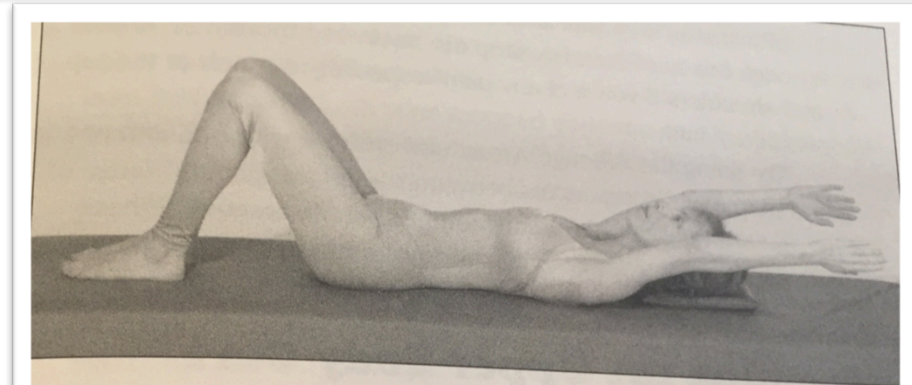
[^] Alpers, A. T., & Segel, R. T. (2002). The Everything Pilates Book: The ultimate guide to making your body stronger, leaner, and healthier. Avon, MA: F+W Publications.

Ribcage Arms^

1. Lie in hook lying positions with arms by your sides, palms toward midline, feet flat, legs and feet gently squeezing together.
2. Inhale and scoop your abs up and in as you raise your arms toward the ceiling (as seen in top picture) perpendicular to the floor, palms toward each other. Keep shoulder blades on the mat. Use abs to stabilize your ribcage.

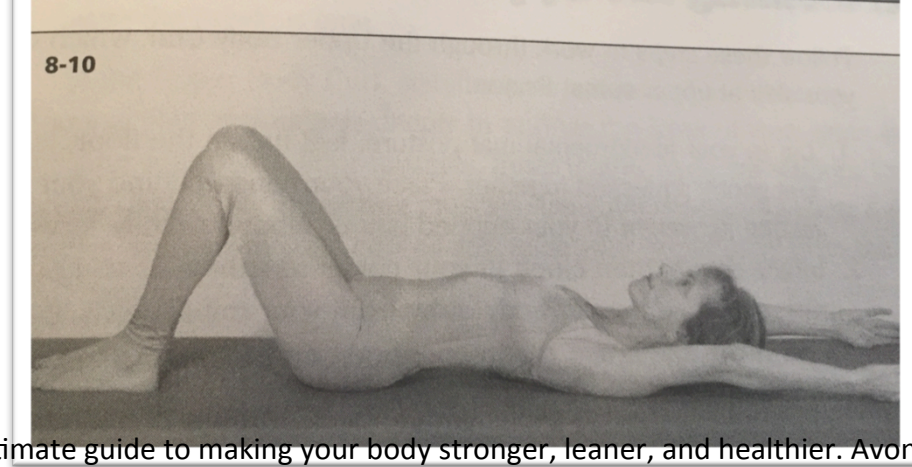


3. Exhale as you slowly lower your arms toward the mat above your head until you feel your shoulder blades slide down your back.
4. Continue moving both of your arms back and shoulder blades down until any further movement would cause your ribs or chest to lift (as seen in 2nd picture).



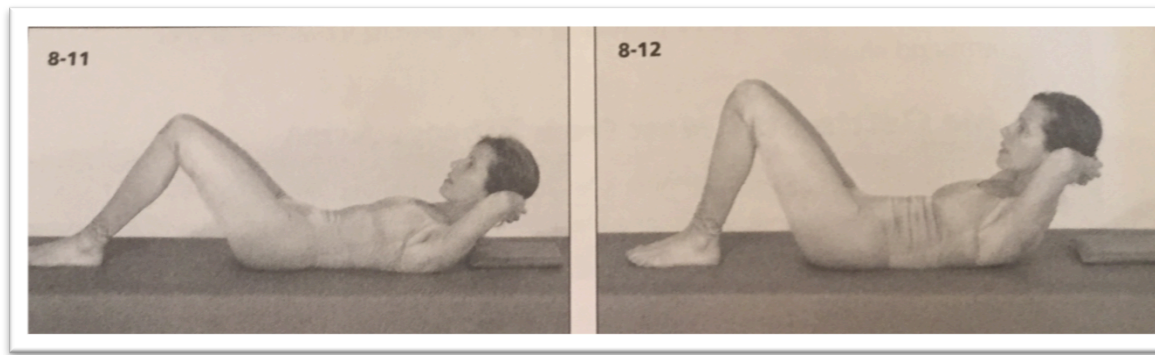
* Avoid last picture position. Use the scooped abs and the exhale to keep the ribs from rising off the mat. Do not move arms too far back.

5. Inhale, use the strong scooped abs to stabilize your spine and ribcage as you bring arms back up to the ceiling.
5. Repeat 3-5 more times.



^ Alpers, A. T., & Segel, R. T. (2002). *The Everything Pilates Book: The ultimate guide to making your body stronger, leaner, and healthier*. Avon, MA: F+W Publications.

Upper Body Curl[^]



1. Lie in hook lying position, feet flat, legs and feet gently squeezed together, hands behind your head, elbows slightly forward.
 2. Take a deep inhale, and then use your deep abdominals (“cinch your corset”) to exhale and pull your ribs, spine, and upper body away from your stable pelvis. Curling your head, shoulders, and then upper body off the mat.
* Imagery: Imagine your upper body is a curling ocean wave rising over a surfer
 3. Exhale as you suspend your curl, then inhale
 4. Exhale further lengthening your spine as you contract and elongate your Powerhouse. Allowing that lengthening to lower your upper body to the mat one vertebra at a time.
3. Repeat 3-4 more times

Tips

- Modification to make easier: decrease ROM of curl, both hands can be on the mat along your sides, or place 1 hand behind your head and reaching the other arm down along your side a couple of inches off of the floor.