



This is an outline guide for a simple, home Pilates session. All the exercises are shown in detail on our website.

Warm Up Start with some gentle stretching and mobilisation exercises: roll downs, side stretches and rotations. Have a quick look at the video on the website to make sure you are doing them correctly and carry out 3 roll-downs, followed by 3 to each side of the other 2 exercises.



The Plank This exercise can be done either with the arms straight, or resting on the fore-arms - use whichever technique is most comfortable for you. Correct technique is more important than pushing yourself to the limit. Aim to stay in the bridge position for as long as you can (up to 60 seconds), rest, then repeat a further 2 times



“Supermans” (Also known as the “Quadruped”) At first, you may want to do this exercise with arms and legs separately, but either way, aim for 8 repetitions, holding for up to 20 seconds. Try not to let the hips wobble and keep your spine in the neutral position.



The Half Roll-Back Start from a sitting position, feet hip distance apart, with the arms horizontal. Squeeze the glutes, curl the pelvis up and roll back half way, keeping the spine in a C-curve shape. Hold the position for up to 10 seconds then gently sit back up. Do 8 repetitions.



Leg Floats Start on your back, knees bent, feet flat on the floor, hip distance apart, spine in the neutral position. As you exhale, slowly raise one leg until the shin is horizontal (try not to alter the bend in the knee). Hold the position for up to 30 seconds, lower on the outbreath and repeat with the other side. Do 8 reps each side.



Ab Curls Start in the same position as for the leg floats, with the hands behind the head, elbows to the side. On the outbreath, gently curl up as far as you can - take the weight of the head in your hands, but DO NOT pull up on the head. Hold as you gently inhale for 10 seconds, then roll down on the outbreath. Do 8 reps.



The Bridge Start in the same position as for the leg floats. On the outbreath, gently curl up from the pelvis. For the first 4, go as far as your bottom rib, then do 4 more up to the shoulder blades. Each time, hold the position for 10 seconds as you inhale, then gently curl back down on the outbreath. Again, 8 reps.



Leg Lifts Start on your side, hips straight. The underneath arm can be straight, or cradling your head. Use the upper arm to steady yourself. Try to keep a small “mousehole” between your waist and the floor. On the outbreath, raise the top leg as shown, hold, then bring the bottom leg up to meet it. Hold, lower on the outbreath and repeat for 8 reps on each side



The Cat Stretch Start on all fours, hands shoulder width apart, knees below the hips. On the outbreath, curl the pelvis up and gradually curl all the way up through the spine finishing with the head dropping down. On the outbreath again, gradually reverse the process, trying to feel the spine straightening one vertebra at a time. Again, 8 reps.



Warm Down Finish off by running through the roll downs, side stretches and rotations, as for the warm up. As a final loosener, do 3 or 4 monkey swings, coming up onto your toes on the final one.