

Back to School & Re-connect



Exercise	Instruction	Notes
Standing- arms crossed in front 1. Parallel 2. Pilates stance	Standing tall Lift heels, slight knee bend, lower heels, lengthen through legs	
Roll Down	Imagine like a Roll up Roll thought he spine, then allow the pelvis to join. Reverse for roll up to standing	
Hips to spine	Lying supine, knees bent, thumbs on front of hip crease Gradually tilt through pelvis, then through to spine, focusing on thumbs rolling towards you	
Knee drops	Feet sit bones apart, allow one knee to drop out Focus on stabilising leg & foot	

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Arm circles	Lengthen legs long, Circle arms beginning small and then large Focus on rotation of the arm pit	
Ankle circles to 1 leg circle 1. Supine 2. 2. Side Lying 3. Prone	Drop one leg up and circle at the ankle. Then add small leg circles before taking the circle to full range	
Kneeling lunge 1. Flex & extend spine 2. Side bend 3. Twist	Focus on lengthen through front of hip, back foot, toes curled under.	
Leg pull front	On all fours, focus on elongation 1. Hover knees 2. Extend to full position 3. Press back into heels	

Exercise	Instruction	Notes
100	From seated roll back into 100 position.	
Spine Stretch	Focus on breath leading the exercise	
Single leg stretch	Focus on fully drawing leg in and full extending	
Spine Twist	Ensure the full range of the neck, ribs and arms	

Exercise	Instruction	Notes
Double leg stretch	Make sure arms don't drop below shoulder height. 1. Small circle in front then large	
Saw	Focus on back arm lifting up to press spine forwards	
Shoulder Bridge	Lying supine, knees bent and together. Lift into bridge and lengthen one leg out low, kick up. Focus on stabilising leg	
Side bend	Keep top leg bent as much as possible so can focus on the downward side bend	

Exercise	Instruction	Notes
Swimming	Lying prone start slowly to swim, keep control	
Push up	Keep push up small. Focus on elbows hugging the waist	