

Into the Hips



Exercise	Instruction	Notes
Standing Heel lift Squat Roll down	Standing tall, arms crossed, feet in Pilates stance 1. Lift heels 2. Squat 3. Roll down	
Rowing Series 1 & 2	Seated, legs long & together 1. Pull "oars" to chest. C curve back, open arms, all arms out & back, fold forwards, circle arms front and rebuild spine 2. Arms at 90 degrees, hinge back, hinge forwards, reach arms to toes, pull back and circle forwards. Rebuild spine	
100	Into 100 position with legs down. As pump arms lift one leg and lower	
Rolling Back	Into seated C-curve. Hold shape as you pull in one knee and deepen the C Curve. Pull in both knees to start the roll	

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Roll Up	Perform the roll up but focus and lifting upwards as you lift from the mat to seated	
One Leg Circle	Lying flat, one leg extended foot flexed, other knee bent. Focus on heavy thigh bone	
Corkscrew- flat	Hands behind head, pressing elbows into floor. Twist legs to left and round to right. Focus on rolling around back of pelvis	
Stomach Series	One Leg Stretch Double Leg Stretch One Leg Straight Stretch Double Leg Straight Stretch Criss Cross	

Exercise	Instruction	Notes
Open Leg Rocker	1.Pre- Open legs to width of mat, hold one ankle. Allow pelvis to roll back and lift one leg up. Return to mat and repeat. 2.Add on bringing other leg up 3.Perform Rocker	
Saw	Perform Saw but keep focus on shoulder keeping along mid line of mat	
Swan Dive Prep	Lying on front, hands under shoulders. Legs together and hovering off mat. Perform Swan keeping legs off the mat as much as possible.	
Hip Release	Into kneeling lunge position. Drive as much forwards on front foot, taking knee as far forwards as possible to open out hips.	

Exercise	Instruction	Notes
One Leg Kick Prep	Lying on front, forehead resting on hands. Legs together. Kick one heel in, stretching knee towards back of the mat.	
Side Kick Series	Side lying up on elbow, palm front and press firmly down. 1. Forwards & back 2. Up & down 3. Circles	
Shoulder Bridge	Lying on back, heels under knees. Articulate up into bridge focusing on hip extension	
Teaser	Seated, knees bent arms reaching on long diagonal. Roll down to back of ribs on mat and return	
Crab	Crossed legs, roll forwards and onto crown of head. Roll back and switch legs.	

Exercise	Instruction	Notes
Rocking Prep	Lying on front, grasp feet and lift into Rocking position. Hold for a breathe and then lower.	