

Pilates Plus Circuit



Arc Barrel/ Stability Ball Passive Stretch

Instruction: Seated with arc barrel or stability ball behind lower back with knees bent, hands behind knees for support

Exhale to slowly lower back over barrel

Hold stretch and breathe allowing spine to release

Diamond Press

Instruction: Lying prone, legs sit bones apart, length in low back.

Hands in diamond shape, forehead resting on support if needed

Inhale to lengthen through neck and lift upper spine

Exhale to release

Cowboy Spine Twist

Instruction: Seated backwards on chair, arms in cossack position, elbows slightly lower than shoulders

Inhale to rotate to one side

Exhale to return through centre

Inhale to rotate to other side

Exhale to return

Figure of 8

Instruction: Seated in tall on chair, thighs parallel to floor, neck lengthened

Slowly draw small figure of 8 with nose.

Repeat other direction

Isometric Neck Exercises

Instruction: Seated in tall on chair, thighs parallel to floor, scapula stabilised. Place a loose fist under the chin.

Exhale to press gently upwards without letting the head move

Inhale to release

Repeat with palm of hand against side of face

Chin Tucks

Instruction: Lying supine with mini ball under head, knees bent.

Exhale to draw chin in and lengthen through back of neck

Inhale to release

Single Leg Balance

Instruction: Standing tall

Slowly lift one knee up, balancing weight evenly through supporting foot. Try and keep hip bones level.

Hold for several seconds

Repeat other side

100 on Stability Ball

Instruction: Seated on stability ball.

Exhale to lift one foot off floor

Hold for 5 breaths and lower

Repeat other side

Walk the Beam

Instruction: Standing tall, eyes fixed ahead

Slowly walk along the narrow line

Try not to wobble off

Seated Lat Pull

Instruction: Seated on chair with thighs parallel to floor, holding ends of band.

Exhale to draw right arm back pulling on band

Inhale to release

Repeat with left side

Serratus Squeeze

Instruction: Seated on chair, thighs parallel to floor, cushion under one arm between elbow and ribs

Exhale to gently squeeze pillow and hold for 5 counts

Inhale to release

Windmill Arms on Foam Roller

Instruction: Lying along foam roller, feet flat arms by sides

Exhale to raise right arm overhead

Inhale to switch arms

Exhale to switch back