

Pilates for Men



Equipment: band

Exercise	Instruction	Notes
Chest expansion	In kneeling lunge, hold band loosely in front of chest. Inhale to lift band up, exhale to lower. Gradually increase ROM, taking band overhead and down the back if mobility allows.	
Twist	In kneeling lunge, hold band overhead and rotate	
Side bend	In kneeling lunge, hold band overhead and laterally flx	
PNF stretch	In kneeling lunge, press back shin into the ground for 5 secs then release and open out hip more. Repeat x3	

Exercise	Instruction	Notes
Repeat all the sequence with opposite leg forwards		
Kneeling roll down	From kneeling up position, roll down through the spine, trying to pelvis over knees.	
Push up	From kneeling up, roll down and perform 5 push ups before returning. Repeat x3	
Leg pull front	In L eg Pull position. Focus on head to spine alignment. Hover one foot off	
Single leg straight stretch prep	Lying supine with one leg extended along floor, band around other foot. Focus on back of leg pressing the band down, return drawing leg back for stretch. Keep leg as straight as possible.	

Exercise	Instruction	Notes
Shoulder bridge hinge	Heels under knees. Keep spine long as extend through hips to hinge up into long line.	
100	Band around both feet, curl up into position. Extend legs to a position where the focus is still in the centre. Breathe.	
Side bend diagonal	In side bend position with knees slightly bent. Lift into strong diagonal line.	
Roll up PNF stretch	Seated with knees bent, toes lifted heels down. Hands hold behind knees. Flex into c curve ensuring equality of shape. Hold and try to extend the spine without losing the shape. Hold 5 secs, release and see if spinal flex ion can deepen. Repeat x3	

Exercise	Instruction	Notes
Roll up	Perform roll up with control	
Swimming	Lying prone, legs together arms at 90 degree angles. Firstly extend through the hip to hover the thigh bone off the mat. Then keeping elbow bent, focus on lifting shoulder blade and arm straight up towards ceiling. Combine	
Rolling back	Perform rolling back as a release	
Leg pull	Seated with knees bent, hands behind. Hinge up into position and lower without the spine changing shape	
Spine stretch with band	Seated with band around feet, held tightly.exhale to flex forwards. Inhale to return focusing on the back extensor to lift spine up, resisting the band.	