

The Preps- Standing

Exercise	Instruction	Notes
Standing-spinal planes	Standing, feet in parallel. Hands behind head, one on top of another, thumbs into top of spine. Flex Extend Laterally flex	
Staggered twist	Standing, feet in parallel. Hands behind head, one on top of another, thumbs into top of spine. Look left, turn head, turn shoulders, turn ribs, turn hips. Reverse	
Pilates Footwork	Stand in lunge position, keeping parallel feet. Hands behind head if possible Lift back heel, bend knee, heel down straighten leg. Reverse	
Stand to kneeling	From the above position, kneel down, change legs and stand back up. Reverse Hold on one side and straighten knee up and lower.	