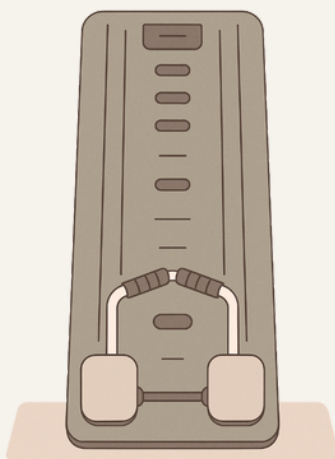




Pilatella

10 exercises
to take care of
yourself with
your Pilatella
Board



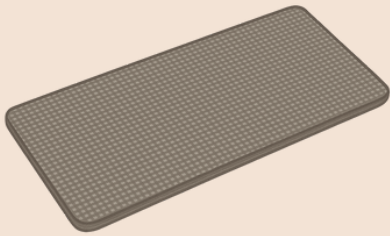
Pilatella

Accessories included with your Pilatella Board

The Pilatella Board comes with several accessories designed to maximize exercise variety and suit all levels.

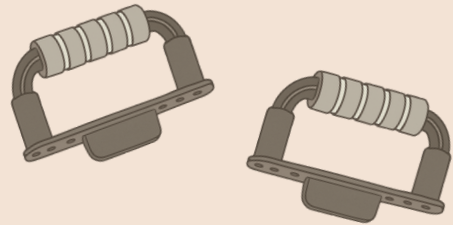
Knee cushions

To be placed under the knees during kneeling exercises for optimal comfort.



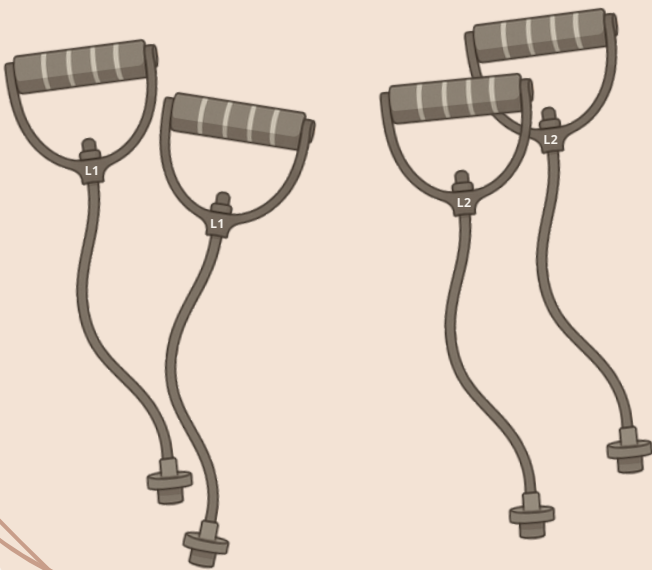
Removable handles

To be inserted into the board's slots for push-ups, planks, or dynamic core work.



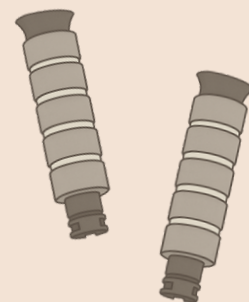
Resistance bands (L1, L2)

Attach to each end of the board to target the arms, shoulders, and back.



Fixed sheathing handles

Ideal for core stabilization exercises with the forearms on the board. They provide comfortable, stable support for maintaining proper alignment.



Exercise 1

Front Glide – Core Engagement



Objective: Strengthen the deep abdominals and stabilize the trunk.



Targeted areas: Transverse abdominis, rectus abdominis, shoulders, general sheathing.

Starting position:

1. Kneel on the small mat just behind the Pilatella Board.
2. Rest forearms on board cushions, elbows in line under shoulders.
3. The hips remain above the knees, the back straight, gazing towards the ground.

Movement:

1. Inhale deeply to engage the center of the body.
2. Slowly slide the board forward, keeping forearms supported, until you feel tension in your abs (without digging into your back).
3. Exhale and return the board with control to the initial position.
4. Repeat the movement 10 to 12 times.



Exercise 2

Core Slide with Arms Extended



Objective: Strengthen shoulders, deep abdominals and improve upper mobility.



Target areas: Shoulders, trunk (transversus abdominis, rectus abdominis), anterior sheathing, postural muscles.

Starting position:

1. Kneel on the small mat in front of the Pilatella Board.
2. Place your hands flat on the board's cushions, arms outstretched in front of you.
3. Keep hips above knees, back straight and abs engaged.

Movement:

1. Inhale, engaging your abdominals, and slowly slide your arms forward, still tense.
2. Stretch your arms to the maximum without arching your back - your trunk remains engaged and stable.
3. Stop the glide just before you lose control.
4. Exhale, contract your abdominal muscles and return your arm to the starting position.
5. Repeat the movement 10 to 12 times.



Exercise 3

Rear sliding slot



Objective: Strengthen legs and buttocks and unilateral balance.



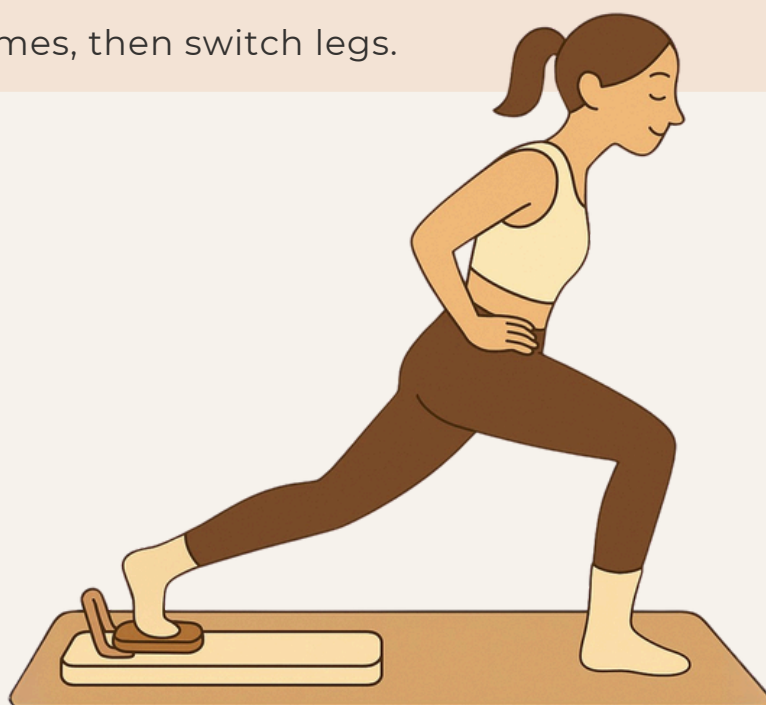
Target areas: Quadriceps, hamstrings, glutes, postural sheathing, hip .

Starting position:

1. With your back to the Pilatella Board, place your right foot on the wrist cushion.
2. Keep your left foot planted on the floor.
3. Hands on hips, chest upright, looking forward.

Movement:

1. Inhale, engaging your abdominal muscles, and gently slide your right leg backwards.
2. Descend in a controlled lunge until the back knee is close to the ground.
3. The front knee remains above the ankle, the back is straight.
4. Exhale and return the back leg to the starting position, contracting the glutes.
5. Repeat 10 to 12 times, then switch legs.



Exercise 4

Alternating leg glide



Objective: Strengthen abdominals, shoulders and thighs, while improving core stability and cardio.



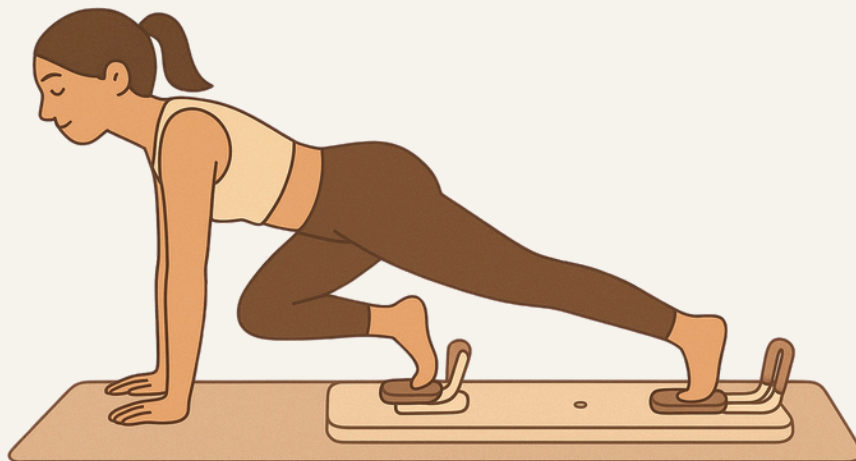
Target areas: Rectus abdominis, transversus abdominis, quadriceps, trunk, shoulders.

Starting position:

1. Position yourself with your back to the Pilatella Board, hands flat in front of you.
2. Arms straight, body sheathed, place both feet on the Pilatella Board cushions while simultaneously bringing the left knee towards the chest
3. Look down, back straight.

Movement:

1. Inhale and contract the abdominal muscles.
2. Slide the right foot backwards while bringing the left knee towards the chest.
3. Alternate: slide left foot back, bring right knee up.
4. Continue to alternate in rhythm, keeping your hips stable and low.
5. Perform 20 to 30 repetitions.



Frontal raising, arms outstretched



Objective: Strengthen the shoulders (anterior fascicle) and improve postural stability by working with outstretched arms.



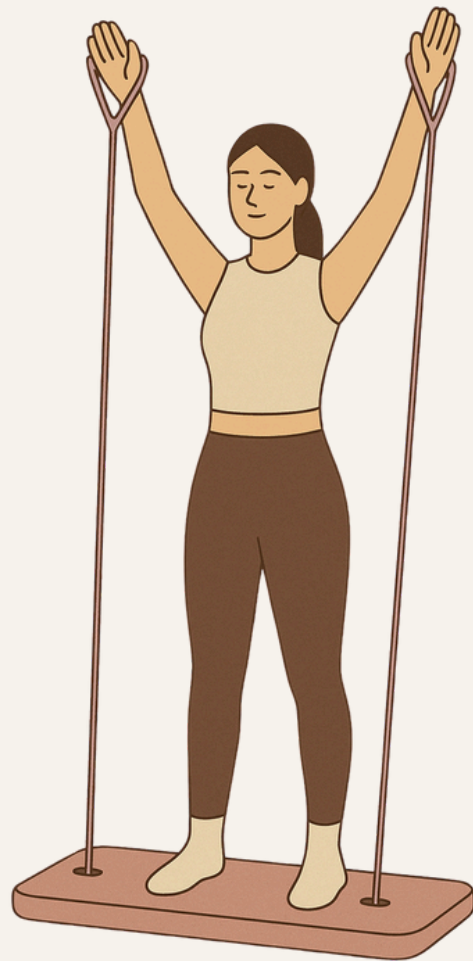
Target areas: Shoulders (anterior deltoids), trunk sheathing, upper trapezius.

Starting position:

1. Stand on the Pilatella Board, feet firmly planted, hip width apart.
2. Hold the resistance bands (L1 or L2), arms at your sides, palms facing forward.
3. Elbows locked, arms outstretched, palms facing the sky.

Movement:

1. Inhale and contract the abs to stabilize the trunk.
2. Raise your arms straight out in front of you to the horizontal or slightly higher (90° to 110° angle).
3. Exhale and slowly lower your arms back to the starting position.
4. Continue to alternate in rhythm, keeping your hips stable and low.
5. Repeat 10 to 12 times, using a slow, controlled movement.



Exercise 6

Biceps curl with bands



Objective: Strengthen biceps and tone arms using resistance bands, while maintaining a stable posture.



Target areas: Biceps brachii, forearms, postural sheathing.

Starting position:

1. Stand on the Pilatella Board, feet shoulder-width apart.
2. Take the resistance bands (L1 or L2), palms forward.
3. Arms at sides, elbows close to chest.



Movement :

1. Inhale deeply, pack your abs.
2. Bend your arms, bringing the handles towards your shoulders, without lifting your elbows away from your chest.
3. Contract the biceps well at the top of the movement.
4. Exhale and slowly lower the handles back to the starting position.
5. Repeat 10 to 15 times, with control and full amplitude.

Exercise 7

Squat with resistance bands



Objective: Strengthen legs, glutes and core while integrating constant resistance with bands.



Target areas: Quadriceps, glutes, hamstrings, sheathing.

Starting position:

1. Stand on the Pilatella Board, feet hip-width apart.
2. Step on the resistance bands (L1 or L2) with both feet, hold handles at shoulder level, palms facing inwards.
3. Maintain an upright posture, abs engaged, gaze forward.

Movement:

1. Inhale and lower into a squat, like sitting on a chair.
2. Keep your weight in your heels, knees in line with your feet, back straight.
3. At the bottom of the movement, the thighs are parallel to the ground.
4. Exhale and push through the heels to return to the starting position.
5. Repeat 12 to 15 times, using a slow, controlled movement.



Triceps dips on handles



Objective: Strengthen triceps, back shoulders and upper , while working core stability.



Target areas: Triceps, posterior deltoids, shoulder girdle, sheathing.

Starting position:

1. Sit with your back to the Pilatella Board, hands resting on the removable handles.
2. Bend your knees at 90°, feet flat on the floor, pelvis slightly raised.
3. Keep your elbows bent, shoulders open and eyes straight ahead.

Movement:

1. Inhale and push on the handles to raise the pelvis, contracting the back of the arms.
2. Stabilize at the top: pelvis aligned, arms straight.
3. Exhale and gently lower your pelvis to the floor, keeping your elbows close to your chest.
4. Repeat 10 to 15 times, depending on your level.



Exercise 9

Pumps on adjustable handles



Objective: Strengthen the shoulder girdle, pectorals and triceps while improving wrist stability.



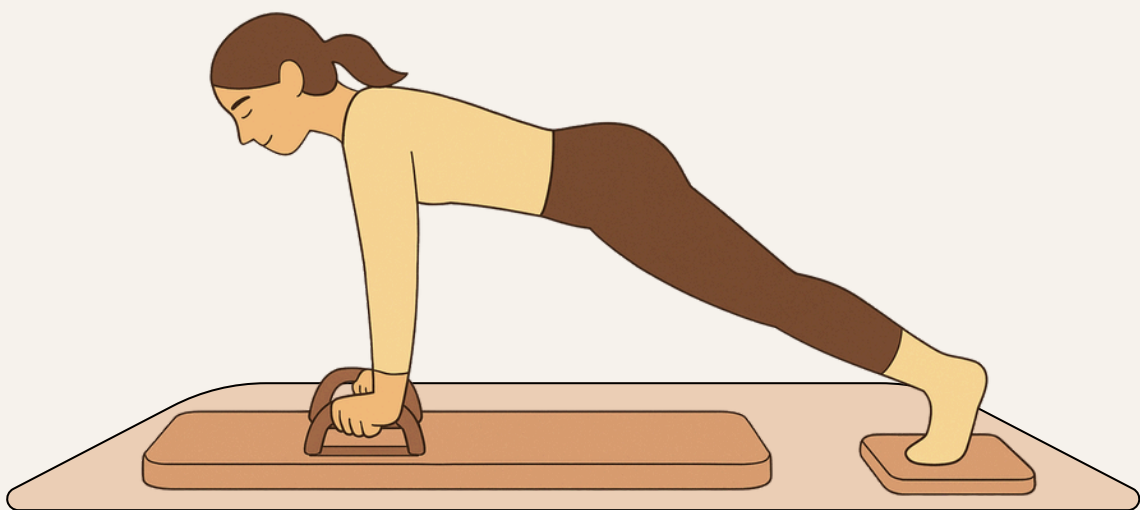
Target areas: Pectorals, triceps, anterior deltoids, shoulder girdle, sheathing.

Starting position:

1. Insert the handles into the slots according to your shoulder spacing or preference.
2. In the pump position, place your hands on the handles, arms straight, shoulders aligned above the wrists.
3. Legs straight, feet hip-width apart, body sheathed from head to heels.

Movement:

1. Inhale as you bend your elbows, lowering your chest towards the Pilatella board.
2. Keep your elbows close to your body if you want to target the triceps, or more open to target the pectorals.
3. Exhale and push on the handles to return to the starting position.
4. Do 8 to 15 repetitions depending on your level.



Sheathing on fixed handles



Objective: Strengthen the deep abdominal muscles, improve posture and overall body stability.



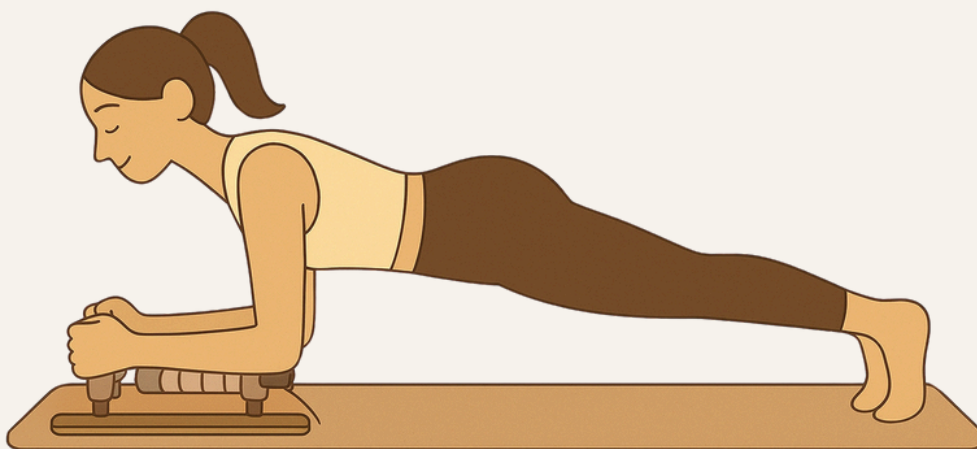
Target areas: Transverse abdominis, rectus abdominis, obliques, shoulders, lumbar.

Starting position:

1. Place your hands on the fixed handles at the top of the Pilatella Board and your forearms on your Pilatella Board.
2. Move your legs back to a plank position: body aligned from head to heels..
3. Elbows are under shoulders, abs well contracted, gaze towards the ground.

Hold this position for 1 minute, keeping:

1. Back straight.
2. Buttocks slightly engaged.
2. Contracted abs.
3. Keep breathing evenly.





Pilatella

Happy session with your Pilatella Board !

Whether you're a beginner or already passionate about Pilates, the Pilatella Board is your daily ally for fitness, tone and well-being.

Take the time to explore each exercise, listen to your body, and above all...

Progress at your own pace.

You have just browsed:

- 10 targeted exercises to tone, strengthen and sculpt
- Complete movements accessible to all
- A clear, guided format, 100% adaptable to your level

What's next?

- **For optimal results, focus on controlled movements and proper breathing**
- Repeat this session 3 times a week
- Create your own circuits by combining exercises
- Alternate sessions with days of mobility or active rest

Pilatella

**WOMEN'S CHOICE
WHO DON'T COMPROMISE**