



PILATES

WORKOUT CHART

Get flexible with Pilates.

By LongevityFit



PILATES EXERCISES



DOUBLE LEG KICK

1. Lie on your stomach and turn head to one side.
2. Center hands behind lower back.
3. Keep legs together and bend both knees. Pulse feet 3 times toward your booty. Flex hamstrings. Keep pelvic bone glued to the floor.
4. Lift chest, neck, and head. Extend hands past your booty.
5. Return upper body to the floor. Turn head to the opposite side. Bring hands behind back.



HUNDRED

1. Bring your head up with your chin down and, using your abdominal muscles, curl your upper spine up off the floor to the base of your shoulder blades.
2. Hold your position. Take five short breaths in and five short breaths out (like sniffing in and puffing out). While doing so, move your arms in a controlled up-and-down manner—a small but dynamic pumping of the arms.



LEG PULL BACK

1. Sit upright on a mat.
2. Pull your hands directly back till it reaches flat on the floor, with your fingertips pointing straight.
3. Engage your hamstring muscles, and raise your pelvis to create a straight line from your ear to your ankle. At the top movement, inhale.
4. As you exhale, deepen the stretch at your hip, and lift your left leg towards the ceiling. The rest of your body should be completely stable.



BICYCLE

1. Lie on your back. Arms at the side.
2. Straighten your legs to the ceiling and peel the spine off the floor.
3. Hands at top of the pelvis (fingers point towards knees). Split legs like scissors.
4. Exhale and pedal your front foot away from the face. Straighten the knee as you bring your back leg towards the face.
5. Switch directions. To release, bring both legs together and roll to the start position.



CRAB

1. Sit with legs crossed. Core engaged.
2. Hold onto feet without losing upright posture. Tilt pelvis.
3. Roll sit bones under with a posterior pelvic tilt.
4. Roll back maintaining this shape and leg position. Go no further than tops of shoulders.
5. Keep heels pressed towards backs of legs. Return to balance position without feet touching floor.



SIDE KICK

1. Lie on right side in a straight line from shoulders to ankles.
2. Prop head on right hand.
3. Place left palm flat on the mat in front of your chest.
4. Move both legs in front of hips on a slight diagonal.
5. Lift top leg off bottom leg, and kick it forward twice. Lengthen leg as you sweep it to kick back. Repeat on other side.

PILATES EXERCISES



HIP TWIST

1. Sit tall with legs straight and together.
2. Place hands on floor behind you. Point fingers away from body.
3. Float both legs off mat to Teaser position.
4. Circle both legs right, down, around, and back to start.
5. Reverse circle in other direction.



CORK SCREW

1. Lie on your back. Press arms into the mat. Legs together.
2. Lift legs straight to the ceiling. Roll over bringing legs parallel to the floor, with hips and feet level. Inhale, shift both legs to the right.
3. Roll down through right side of back.
4. Exhale, circle legs around and roll over through left side of back, returning legs to start. Reverse.



ROCKING

1. Lay on stomach. Arms by side. Head to one side.
2. Bend knees. Hold onto both ankles. Press ankles into hands.
3. Lift chest and knees away from mat by engaging backs of legs and back extensors. Maintain shape as you rock forward and back.



BOOMERANG

1. Sit tall. Extend legs. Right ankle crossed over left. Palms by hips.
2. Lift both legs. Rollover to a 90-degree angle. Open and close legs, switching cross of ankles. Backs of arms press into the mat for stability.
3. Roll down through spine without dropping legs to balance in Teaser with the arms parallel to legs.
4. Raise arms in front of you keeping them up and straight, then hold this position.



JACK KNIFE

1. Lie on back. Arms by sides. Palms down.
2. Press backs of arms into mat. Legs together. Extend both legs to ceiling.
3. Roll over through spine to take both legs almost parallel to floor.
4. While maintaining lift of pelvis and tailbone to ceiling, reach both legs straight to ceiling. Hold and release legs back down, then repeat.



ROLL UP

1. Lie flat on the back with legs together.
2. Reach arms overhead shoulder-width apart. Palms facing forward.
3. Inhale, reach overhead and curl head and shoulders off the mat. Exhale, peel spine off the mat, rounding forward and bringing the crown of the head towards knees.
4. Keep arms parallel to the mat.
5. Abdominals draw into the spine. Inhale, roll back down to start.

PILATES EXERCISES



ONE LEG KICK

1. Lie on stomach with legs straight and together.
2. Prop yourself onto forearms, bringing elbows underneath shoulders.
3. Kick one heel into your seat two times, reach the leg straight, and place it on the mat.
4. Switch legs.



CONTROL

1. Lay on back with arms by side. Extend both legs to ceiling.
2. Roll over and place balls of feet into mat. Circle arms around and place both hands on right foot.
3. Extend left leg up. Without changing position of hips or torso, place ball of left foot onto mat and extend right leg to ceiling.



ROCKER WITH OPEN LEGS

1. Balance on sit bones. Knees bent.
2. Grasp hands around ankles. Straighten one leg then the other into a V (legs are shoulder-width apart or wider).
3. Tip pubic bone towards the nose to initiate rock back to shoulder blades and rock back to start position.



DOUBLE LEG STRETCH

1. Lie on your back.
2. Stretch legs away from you. Keep legs squeezed together and toes pointed. Pull legs back into Tabletop Position.
3. Meanwhile, straighten your arms above your head.
4. Lower head and legs to mat. Repeat.



SIDE BEND

- Sit sideways with legs bent to one side.
- Top foot in front of the bottom foot (or stacked one on the other).
- Place supporting hand in line with seated hip a few inches in front of shoulder.
- Press into supporting hand, straighten legs to lift pelvis away from mat, making rainbow shape with body.



PUSH UP

1. Stand with feet together. Roll down through spine and place hands on mat.
2. Walk hands out until shoulders are over wrists and body is in plank position. Bend elbows towards ribs in a tricep push up.

PILATES EXERCISES



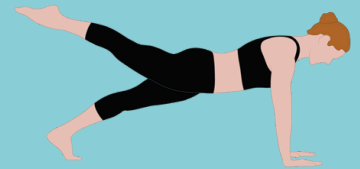
SEAL

1. Sit with hips close to feet, knees bent. Lace hands between legs.
2. Hold on to outsides of ankles. Feet together. Knees shoulder distance apart. Make C-curve with spine. Gaze into abs. Balance with feet off mat. Clap feet together 3x. While in C-curve shape, inhale, roll back to balance on shoulder blades with hips over shoulders. Clap feet 3x. Exhale, roll through spine to return to start with feet off mat.



ONE LEG CIRCLE

1. Lay flat on back with arms by side.
2. One leg straight on the mat with foot flexed and the other leg up towards the ceiling.
3. Circle top leg across the body, down, and around while keeping pelvis stable for 5 circles.
4. Reverse circle in the other direction, circling leg away from the body, down, and around.
5. Repeat on the other leg.



LEG PULL

1. Lie in a plank position, with your hands by your head and your elbows just under your shoulders.
2. Lift your body off the ground with your arms, as if you were about to do a push up.
3. Holding your body still, raise one leg upwards above the other. Hold that position, then repeat for the other leg.



SAW

1. Lie on your back. Legs together. Arms overhead. Palms face forward.
2. Inhale, reach arms overhead and curl head and shoulders off the mat.
3. Exhale, peel spine off mat, rounding forward and bringing the crown of the head towards knees.
4. Keep arms parallel to the mat. Abs draw into the spine. Inhale, roll down to start position.



NECK PULL

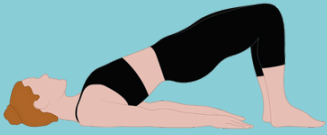
1. Lie on back. Glue spine to mat.
2. Place both hands at base of neck.
3. Inhale, lift head and shoulders.
4. Exhale, roll off mat bringing crown of head to knees.
5. Inhale, stack spine up to seated.
6. Exhale, tuck chin to chest, tuck tailbone, round spine down to mat.



ROLLING LIKE A BALL

1. Sit with knees bent. Feet flat on the floor. Hands hold the front of knees (one hand on each knee).
2. Bring forehead towards knees. You now look like a ball. Stay a ball as you roll back to the tips of the shoulder blades.
3. Return to the start by engaging abdominals as the brake to the rolling. Balance in the start position. Repeat.

PILATES EXERCISES



SHOULDER BRIDGE

1. Lie on back with knees bent. Feet hip distance apart.
2. Peel tailbone and spine off the mat.
3. Hold this position for a few moments, and repeat.



SWAN DIVE

1. Lie on stomach with legs together. Hands by head.
2. Lift abs away from floor while sending tailbone to the floor. Press through hands into Swan, maintaining a long spine and lengthened neck.
3. Release arms to side as body rocks forward. Maintaining the arc position of the body, the legs will lift up. Rock back onto thighs, lifting chest, and maintaining extension and arc position of body. Repeat.



ROLL END

1. Lie on the back with legs together. Arms by side.
2. Draw abs towards the mat. Inhale, lift legs to 90 degrees.
3. Exhale, reach legs up and over (C curve in the spine).
4. Slowly lower the legs one vertebra at a time to the mat.



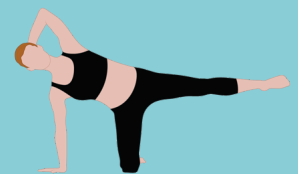
SPINE STRETCH

1. Sit with legs together in front of body. Feet flexed.
2. Raise arms to the side at shoulder height. Sit tall. Inhale, reach crown of head to ceiling. Exhale, and reach forward in front of your body as far as you can.
3. Inhale, return torso to centre.
4. Exhale, and repeat again.



SWIMMING

1. Lie flat on your belly with your arms stretched out in front.
2. Legs outstretched behind. Squeeze inner thighs and heels together. Pull navel up off the mat.
3. Raise the upper back and head off the mat slightly and lift the right arm and left leg off the mat.
4. Squeeze buttocks and press pubic bone down into the mat. Switch arms and legs and begin swimming, alternating arms and legs.



SIDE KICK KNEELING

1. Kneel onto the right knee.
2. Place your right hand on the mat underneath the right shoulder. Left knee in line with the left foot. Right hip directly over the right knee. Place left hand behind head.
3. Kick left leg forward and back while keeping torso stable.
4. After a number of repetitions, place the left knee onto the mat and repeat on the other side.

PILATES EXERCISES



SCISSORS

1. Lie on back. Bend both knees in, and roll through spine, reaching both legs straight and parallel to the floor, and bend knees towards chest.
2. Place hands high on back. Reach both legs to ceiling. Lower one straight leg to mat as you draw opposite straight leg towards your chest. Pulse the top leg towards you two times.
3. Switch legs and repeat.



SPINE TWIST

1. Sit with legs together in front of body. Feet flexed.
2. Raise arms to the side at shoulder height. Sit tall.
3. Inhale, reach crown of head to ceiling.
4. Exhale, twist torso to right, growing taller on the twist and pulsing twice. Inhale, return torso to centre.
5. Repeat on the other side.



ROLL UP

1. Lie flat on the back with legs together.
2. Reach arms overhead shoulder-width apart. Palms facing forward. Inhale, reach overhead and curl head and shoulders off the mat.
3. Exhale, peel spine off the mat, rounding forward and bringing the crown of the head towards knees. Keep arms parallel to the mat. Abdominals draw into the spine. Inhale, roll back down to start.



ONE LEG STRETCH

1. Lie on your back. Curl head and shoulders off the mat.
2. Bend both knees into the chest. Extend one leg straight as you place both hands on the opposite shin. Outside hand places near the ankle. Inside hand places near the knee.
3. Switch legs, extending the opposite leg straight and pulling the opposite knee into your hands. Continue switching the legs.