



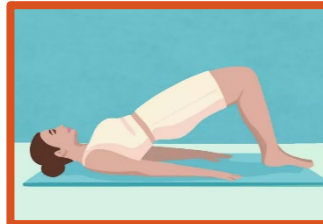
Pilates Palooza

Materials Needed:

- 1 floor mat for each participant
 - Option #1- Purchase a pilates DVD and have the participants follow along
 - Option #2- Have participants follow along as the instructor guides them through the following 8 exercises
- For each option, provide alternative options to include all ability levels
- Take breaks to stay hydrated



Shoulder Bridge



- Begin by lying on your back with your knees bent and feet flat on the floor
- Extend both arms straight along the sides of your body
- Squeeze your glutes, exhale, and lift your hips up four to six inches off the floor
- Inhale and slowly lower your hips back down to the floor to complete one repetition

Toe Taps



- Begin by lying on your back
- Lift both feet up off the floor into tabletop position: with your knees over your hips and your lower legs parallel to the floor
- Place both arms straight along the sides of your body
- Inhale and gently lower your right foot toward the floor (keeping leg bent at 90 degrees)
- Tap only your toes on the floor
- Exhale and return your right leg to your starting position
- Repeat with your left leg, then alternate dropping and tapping each foot for a total of 10 reps

The Hundred



- Begin by lying on your back
- Bring both legs up one at a time into a tabletop position (knees over hips and shins parallel to both floor and ceiling)
- Hover your arms a few inches above the floor, straight out along the sides of your body
- Keeping an activated core, exhale and peel your head and shoulder blades off the floor
- With your legs and torso still and stable, begin pumping your arms up and down at a fast, but controlled pace, moving them no more than about two inches
- Inhale for five counts, exhale for five counts. Do this 10 times.

Roll Back, Roll Up



- Begin seated on the mat with your knees bent and both feet flat on the floor
- Hold both arms forward and parallel to the floor at shoulder height
- Exhale and slowly roll your upper body halfway down to the floor, vertebra by vertebra (really think about using your abdominal muscles—not your hip flexors—for stability and control)
- Inhale as you slowly roll your upper body up to return to your seated position

Swimming



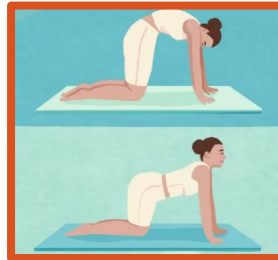
- Begin lying on your stomach
- Reach both arms straight overhead
- Engage your core, squeeze your glutes, and tuck your chest to chest
- Lift both your chest and legs a few inches off the floor (similar to a superman position)
- Inhale and exhale as you kick your legs and flutter your arms up and down at the same time, performing a moderately paced “swimming” motion.
- Do this for 10 to 20 seconds, then rest and repeat

Wall Squat



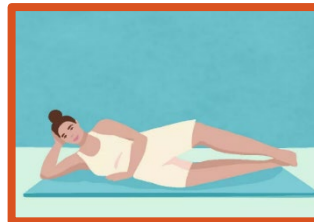
- Begin by standing and leaning your back against a wall
- Place both feet about hip-width apart and about a foot away from the wall
- Extend both arms straight out in front of you at shoulder height, arms parallel to the floor
- Inhale and sink your body down 6 to 12 inches, using your back on the wall and your feet on the floor as support anchors
- Continue to take deep inhaled and exhaled, holding this isometric squat for 10 seconds
- Slide back up the wall to return to standing

Cat and Cow



- Start on your hands and knees on the mat
- Inhale. On the exhale, tuck your chin to your chest and round your back up toward the ceiling and let your tailbone tuck under your pelvis
- As you inhale again, tilt your nose and tailbone up toward the ceiling and arch your back, letting your belly expand and drop toward the floor
- Repeat this combo in a fluid motion for 10 reps, moving with each breath

Side-Lying Clam



- Begin lying on your right side with your legs bent and stacked
- Place one arm under your head and neck for support
- Keeping your ankles together and hips facing forward, lift your top knee up about 6 inches, and then slowly lower down. Focus on using just your glutes (not your back) to squeeze and lift the right leg (aka open the clam shell!)
- Repeat for 10 reps, then switch and repeat for 10 reps lying on your left side

Copied from: <https://www.realsimple.com/mat-pilates-exercises-for-beginners-8409221>

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