

# Pilates for the Holidays

## 1. BASIC BRIDGING



Pic1 – Basic Bridge



Pic2 – Marching



Pic3 – Leg Extension



Pic4 – Leg Lifts

\*Can be done without a roller - Feet hip-width apart, jaw neck and shoulders relaxed. Draw the belly button towards the spine, press into the feet and slowly peel the spine off the floor 1 vertebrae at a time. 10 reps of each . \*Variations: a) Marching b) Leg extension c) Leg Lifts

## 2. CHEST LIFT



Pic1 – Inhale



Pic2 – Exhale



Pic3 – Inhale



Pic4 - Exhale



Pic5 - Inhale



Pic6 – Exhale

\*Can be done without roller - Hands behind the head and neck, shoulders sliding down, and tummy tight. Inhale to prepare (Pic1). Exhale crunch (Pic2), inhale to reach the hands behind the thighs (Pic3), exhale to pull yourself up an inch higher (pic4), inhale as you bring the hands behind the head (KEEP THE CHEST LIFTED!!!)(Pic5), exhale to roll back down (Pic6). Repeat 8-10 times

## 3. QUADRUPED



Pic1



Pic2



\*Advanced variation on the hands

Ankles resting on the roller, hands or elbows under the shoulders. Lift and hover the knees an inch off the table (Pic1). Press the roller out, coming in to a plank (Pic2), then pull it back in the starting position (Pic1) – repeat 10x. 2 sets of 10

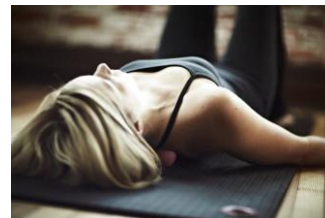
\*Can be modified for no roller – follow picture 1 and just hover the knees holding for 10 seconds. Repeat 2-3x.

## 4. SPINE MASSAGE ON THE ROLLER



Stretching the spine over the roller and relaxing, or rolling the roller up and down the spine. The more you lean back the more intense the stretch.

## 5. PINKY BALL SHOULDER RELEASE



Placing Pinky ball on the inside edge of the shoulder blade. Move ball up and down the shoulder.



Sidelying – place Pinky ball on the outer edge of the shoulder blade. Move ball up and down.