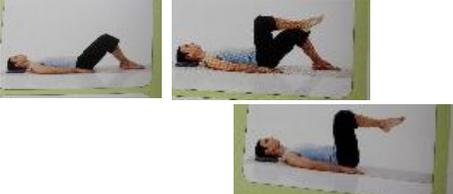


All exercises are intended for existing My Local Pilates clients. Do not attempt these exercises if you have not practiced them first under the supervision of a Pilates teacher. Practising these exercises is entirely at your own risk.

| Exercise Name                    | Exercise Description  | Exercise Description  |
|----------------------------------|---|---|
| Relaxation Position/Pelvic Tilts |    | <p>Exhale: Rock pelvis towards you (pubic bone towards chin) and flatten lower back to floor. Do so by gently recruiting pelvic floor and lower deep tummy muscles. Inhale: relax and allow the pelvis to rock forwards and away from you. The lower back will arch a little; feel the hips relax and feel a real sense of weight through the tailbone. Repeat this rocking motion a few times using the breathing pattern described. Settle with pelvis inbetween these mid points i.e. neutral, so with the lower back neither imprinted nor significantly arched. There will be a small arch in the lower back. The Mid and upper back (back of ribcage) and the back of the head should be heavy onto mat</p> |
| Knee Drops/Knee Openings         |    | <p>On exhale, lower 1 bent knee sideways towards floor, on inhale return to centre. Pelvis is neutral. Rest of body and supporting leg are completely still. Repeat with other leg. Also nice to do both legs together (opposite directions) to get an adductor (inside thigh) stretch.</p>   |
| Double Knee Fold                 |    | <p>Pelvis and spine in neutral (ribs heavy on mat). Exhale (tummy to spine) and draw right leg in. Inhale. Exhale draw left leg in. Avoid tilting pelvis, doming tummy or arching back. Inhale. Exhale and lower 1 leg at a time.</p>   |
| Knee Circles                     |    | <p>Start in a Single Knee Fold position with pelvis and spine in neutral. Keeping the shin bone parallel to the ceiling, start to draw a circle on the ceiling with the shin bone. Circle each direction. Breathe normally but maintain stillness through the entire body (particularly the pelvis) by recruiting core muscles. ALTERNATIVE: let the lower leg drop down by flexing the knee, and do circles from here. It's a more relaxed position and can encourage better mobility in the hip joint.</p>  |
| Ribcage Closure                  |   | <p>Inhale and reach arms above chest. Exhale (draw tummy down to spine and soften the ribs) and reach both arms backwards towards the ears. Pelvis is neutral, avoid flaring the ribcage or arching the mid / upper back - there is still weight through the back of the ribcage. Lift arms to ceiling as you Inhale, the exhale to complete the movement (hands next to hips).</p>   |
| Spine Curls                      |  | <p>Exhale: engage abdominals and pelvic floor, roll pelvis towards you, imprint lower back and wheel spine off mat, bone by bone until you get to the tips of the shoulders (mid/upper back). The chest is heavy. Avoid flaring the ribcage or arching the back. Reverse the movement initiating with a heavy chest. As you come down, relax and release any tension from the bottom and backs of legs to see if the lower back will soften into the floor, before returning to neutral (small arch)</p>  |
| Curl Ups                         |  | <p>Start with a chin tuck, peel upper body off mat bone by bone. Inhale and hold at top, exhale and lower to start. Head stays heavy in hands. Pelvis stays still and in neutral</p>  |

| Exercise Name  | Exercise Description  |
|--|---|
| <p>Hip Rolls</p>   | <p>Connect inside thighs and feet. Arms in low V, palms upward. On Exhale, tummy to spine and roll pelvis to left. Inhale and hold. Exhale to return. Keep both shoulders in contact with mat. Keep legs and feet together. Repeat on other side.</p>   |
| <p>Waist Twist Sitting</p>    | <p>Sitting correctly. Arms crossed in front of chest. On Exhale, rotate head, neck, breastbone, ribcage. Inhale to return. Repeat other direction. Think of spiralling head to ceiling. Both hips stay facing forward with weight on both sit bones.</p>  |
| <p>Side Lying Legs Series: a) Lift &amp; lower, b) Forward &amp; Back c) Circles</p>  | <p>Lengthen top leg in line with spine. Top leg starts at hip height. A) Lift &amp; Lower: lifting on the Exhale (tummy to spine), lower leg on inhale. B) Forward &amp; Back: inhale reach leg behind body, exhale kick leg forward. C) Small Circles, circling from the top of the leg. All Side-Lying exercises, body stays still by using core muscles. Avoid arching or rounding the spine. Ribs stay soft, hips stay stacked.</p> |
| <p>Diamond Press</p>    | <p>Hands under forehead. On exhale, gently draw tummy in, nudge nose a small way, peel off mat bone by bone. Inhale hold. Exhale lower. Avoid compressing lower back. Draw tummy in more if necc.</p>   |
| <p>Rest Position/Childs Pose</p>   | <p>Rest bottom on heels and reach arms forward. Inside thighs are squeezed together. Try and rest head to floor. Abdominals are scooped upwards and inwards to maximise flexion (curve) of lower back, to release lumbar spine after extension (backbend) exercises</p>   |
| <p>Table Top</p>    | <p>On Exhale, slide right leg backwards keeping the toe in contact with the floor. Engage abdominals i.e. tummy to spine. Lift/lengthen right leg away off the floor, to a maximum of hip height. Inhale and hold, then Exhale, lower leg and bend knee i.e return to start position. Repeat on other side. Avoid arching back or twisting pelvis. Progress to lifting opposite arm when the leg lifts (as pictured)</p>                |
| <p>Cat</p>    | <p>On exhale, tuck bottom under and round lower back, then mid and upper back, bone by bone. Tuck chin under. Inhale and hold. Exhale release to start, lengthening head and tailbone away at same time.</p>  |

| Exercise Name   | Exercise Description   |
|---|--|
| Floating Arms         | Exhale and float both arms to ears. Inhale lower. Focus on keeping body still and ribs soft as arms reach upwards. Let shoulders be free of tension. Keep arms slightly forward of body.   |
| Side Reach Standing  | Standing Correctly. Inhale and float right arm up to ear. Exhale (tummy in) lift up and over to left into side reach. Inhale hold. Exhale return. Repeat. Avoid bending forwards or backwards.   |
| Stand on 1 Leg       | Assume above standing correctly position but bring feet and legs together. Inhale to prepare, then exhale and engage the abs (think navel to spine) and peel 1 foot off the floor, maintaining an upright position without arching the spine, flaring the ribs or leaning backwards. Try and maintain a sense of the hip on the lifting leg drawing down away from the armpit, as the leg lifts. Aim to get a 90 degree angle in the hip joint with the thigh parallel with the ceiling, with a flat back/neutral spine. |