

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
Rolldowns 	Start standing correctly with feet hip width and pelvis in neutral. Exhale, recruit abdominals, tuck chin and start to roll upper body down towards the floor, bone by bone, maintaining a neutral pelvis as much as possible. Inhale at the bottom. Exhale to roll back to standing, from the base of the spine to the head (head coming up last).	
Table Top 	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)	
Spine Curls + Ribcage Closure 	Exhale & lift into a Spine Curl. Inhale and reach the arms overhead, ensure the ribs do not flare nor the back arch. The arms lower as far as ear level but not to the floor. Exhale and lower the spine to the mat. Inhale and reach the arms forward	
Hip Rolls (Feet Down and the Feet Up) 	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.	
Half Rollups 	Start as pictured, with the legs in a "Double Knee Fold". Maintain neutral spine and pelvis, reach the arms overhead (i.e. as in Ribcage closure). On the next Exhale, reach the arms forward towards the hips and Curl Up (as in Picture 2). Draw navel to spine as you do so. Take a breath and exhale to lower, arms first then the spine and head.	
The Hundred 	Start lying on your back with both legs in a Double Knee Fold, knees hip width apart. As you curl up, extend the legs, lightly pressing heels and inside thighs together. Beat the arms 5 times for every inhale and 5 times for every exhale. Count for 100 arm beats. Maintain a neutral pelvis throughout. Look down towards your navel to maintain a good head and neck position. Focus on breathing, and flattening the lower deep abdominals.	
Rollbacks/Rollups 	Start sitting correctly. Inhale into a C Curve (pelvis tilts so bottom tucks under), upper body flexes forward and tummy pulls in. Exhale, roll torso backwards away from legs as far as possible, maintaining a curved spine (i.e. roll bone by bone). Inhale hold. Exhale restack to sitting. For the full rollback, exhale and roll spine sequentially to the mat, inhale hold, exhale rollup to sitting	

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Leg Circles		<p>Start in a supine position. Lift one leg and lengthen it towards the ceiling, ideally with the foot over the hip. Pelvis neutral and lightly connect the abdominals. Maintain a stable pelvis and spine, sweep the leg across the body, down, around, a little out to the side (as much as you can without the pelvis rotating) and back to centre, completing as large a circle as you can whilst avoiding movement in the torso. Repeat 5 times, swap directions and then repeat on the other leg.</p>
Single Leg Stretch		<p>Start lying on your back with both legs in a Double Knee Fold, knees hip width apart. Place both hands towards both ankle bones. Curl up, then extend the left leg and place the left hand onto the right knee. Swap sides, so straighten the right leg and bend the left, placing the leg hand to the left ankle and the right hand to the left knee. Repeat! Stay curled up throughout and maintain a neutral pelvis throughout. Look down towards your navel to maintain a good head and neck position. Focus on breathing, and flattening the lower deep abdominals. Stay relaxed in the shoulders</p>
Double Leg Stretch		<p>Start lying on your back with both legs in a Double Knee Fold, knees hip width apart. Place both hands towards both ankle bones. Curl up. Inhale: Extend both legs into a Pilates stance (like hundreds leg position) and at the same time reach both arms towards the ears (only as far as you can maintain your curl up - arms to the ceiling is better to start). Exhale, draw a circle with the arms and bend the knees back into the start position (in a curl up) . Repeat! Stay curled up throughout and maintain a neutral pelvis throughout. Look down towards your navel to maintain a good head and neck position. Focus on breathing, and flattening the lower deep abdominals. Stay relaxed in the shoulders</p>
Criss Cross		<p>As per Single Leg Stretch, but with an Oblique Curl towards the bent knee.</p>
Cobra Prep / Cobra		<p>Very similar to Diamond Press, but with the hands to the side (fingers roughly level with your nose), elbows pointing backwards. Unlike Diamond Press, allow the chest and then ribcage to peel away from the floor ("bone by bone"), drawing the tummy in to support the low back. The eye gaze will lift a little as your spine lifts off the floor. Think reach forward as you lift, with the breathebone leading to create as much movement in the upper (not lower) back as possible. Hold at the top and breathe, exhale and release</p>
Torpedo		<p>Lie on one side with the legs very slightly forward of the body but nice and straight. The lower arm is outstretched with the inner arm and palm facing upwards. Head rests on the lower arm. The top arm can rest on the floor in front of the body for light support (easier) or along the top waistline. On an Exhale lift the top leg (not too far!). Inhale and lift the second leg to meet it. Exhale and lower both legs together. Maintain a stable and neutral spine and pelvis whilst doing this, and use a navel to spine abdominal connection. Feel the whole body lengthen and you lift and lower.</p>
Floating Arms with Rises		<p>Inhale and float both arms to ears, rising onto balls of feet. Exhale 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.</p>