

Wild About Pilates: Class Attendee 10 Minute Work-out

This program has been developed only for those who attend my classes **and** have been identified as suitable to use it.

Warm up

Stand up, then:

1. Toy soldier. Optional: increase arm movement (so arms reach above head) 30 seconds.
2. Pelvis movements forward and backwards X 5-10.
3. Quarter squats X 10.
4. Stand on one leg and hold for 20 seconds if possible. Optional: add arm openings.
5. Skater X 5 each side.
6. Plie squat X 10. Optional – on last one: hold in position, pulse for 10.
7. Mermaid stretch: hold for 10 seconds. 1 each side.
8. Roll down X 3. Last one: hamstring stretch 10-20 seconds.

Main section

Come to 4 point kneel, then:

1. Cat and cow stretch X 5.
2. Swimming choose level 1-3 (keeping lower back and pelvis level at all levels).
 - Level 1: Bring one arm in front, return hand down, Repeat with other arm X 5 each arm.
 - Level 2 stretch the leg away, return to start. Repeat with other leg X 5 each leg.
 - Level 3: opposite arm and leg X 10.
3. Shell stretch 20 second hold.

Lie on side, then:

1. Clam X 10.
2. Lift and Lower (the top leg is straight and moves up and down) X 10. Hold leg up for 10 seconds on last repetition.
3. Repeat 1-2 on other side.

Lie on back, then:

1. Shoulder bridge, level 1 X 10.
2. Stretch glutes 20 sec hold.

Tummy time!

1. Abdominal preparation (sit ups) x10.
2. Oblique prep (diagonal sit up). Optional progression: legs in tabletop, X 5 each side.
3. Hundreds – choose your level.
4. Knee hug followed by gentle head rotations after this section.

Cool down

Place knees and feet together, then:

1. Hip twist level 2 (knee rolls with shoulders staying on the mat) X 5 each way.
2. Stretch hamstrings and circle at hip X 5 each way. Repeat other side.

Lie on side, then:

1. Arm openings level 1 X 5
2. Repeat other side.

Return to feet, then:

1. Roll shoulders X 5.
2. Circle arms X 5.
3. Corkscrew X 3

If you would like a longer workout you can increase the number of repetitions.



Wild About Pilates

Modified physio-led Pilates in Macclesfield

07378 166524 | info@wildaboutpilates.co.uk | www.wildaboutpilates.co.uk