

## Intermediate / Level 2 Pilates Exercises

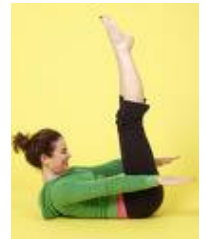
Please note not all exercises are suitable for everyone; please consult your Doctor or Physiotherapist if you wish to try these exercises at home. Do not embark on an unsupervised home sessions before taking sessions with a qualified Pilates Instructor.

The instructions shown are in no way intended as a substitute for medical advice. The creators of this website disclaim any liabilities or loss in connections with the exercise shown.

### REMEMBER YOUR 6 SET UP POINTS!

### **- NECK - SHOULDERS - PELVIS PLACEMENT - PELVIC FLOOR – ABDOMINALS - BREATHING**

**The hundred** – (Core strengthening) Legs extended up to ceiling, lift head off mat, beat arms: 5 x inhale, 5 x to exhale up to 100 beats. Harder – Lower legs towards floor.



**The roll up** – (Core strengthening, spine flexibility) Start in full body stretch, exhale to roll up through sitting position and into spine stretch, inhale to roll back to sitting, exhale to roll back to start position. Keep arms extended above head. Repeat.



**The one leg circle** – (Hip mobility) With or without band, both legs fully extended one leg pointing up to ceiling. Circle the raised leg from the hip in one direction: 1 circle for an inhale, 1 circle for an exhale. Perform circles in opposite direction then repeat with other leg.



**The seal** – (Core strengthening, spine flexibility) As 'Rolling like a ball' but put hands through legs and hold on feet, inhale to roll back exhale to roll forward. Hover feet a few inches above floor and repeat.



**The one leg stretch** – (Core strengthening) Start position as shown in photo, tuck in extended leg and extend opposite leg, hands onto knees of bent leg. Inhale as legs are moving, exhale to hold position. Repeat.



**The double leg stretch** – (Core strengthening) Start from table top with head lifted, extend legs and circle arms in opposition in photo. Exhale to extend the legs, inhale to bring legs back into table top. Repeat.



**The spine stretch** – (Spine flexibility) Sit tall with legs extended in front. Inhale to prepare, exhale and bend from the waist aiming to move head towards feet with outstretched arms as in photo. Hold for 5 breaths.



**The saw** – (Spine/hamstring flexibility, oblique strengthening) Sit tall with legs and arms extended to side. Inhale to prepare, exhale and rotate body to right and move head towards right foot, 'saw' over little toe three times with left hand still on exhale, then inhale to rotate body and return to start position. Repeat on other side.



**The swan dive** – (Back strengthening) Lie face down with arms out as in photo. Inhale to prepare, exhale and lengthen through upper body causing a lift of your chest, head and arms of a few inches. Inhale to lower upper body and arms to floor as you lengthen through one leg from the hip, causing a lift. Lower the leg as you lengthen through upper body again. Think 'see-saw.' Repeat.



**The one leg kick** – (Lower back/glute strengthening) Start position as shown in photo, kick right heel towards bottom with pointed foot then bounce back up with flexed foot then lower. Repeat with other leg. Exhale on kicks, inhale to lower leg. Harder - Clasp hands behind back.



**The scissors** – (Core/thigh strengthening) Start position as shown in photo, on inhale cross over legs in scissor motion so left leg moves away from you and right leg comes towards you, at same time change hand position to hold your right leg. On exhale move back to start position. Repeat.



**The bicycle** – (Core/thigh strengthening) Start position as shown in photo, from here pedal legs as if on a bicycle aiming to keep leg moving backwards straight as long as possible before bending and bringing back. Inhale for one rotation, exhale for one rotation. Repeat.



**The shoulder bridge** – (Core/thigh strengthening, spine flexibility) As in level 1 'shoulder bridge' but add alternate leg lifts to either table top position or with leg extended as shown in photo. Exhale to lift leg, inhale lower. Repeat.



**The side kick** – (Core/thigh strengthening) Start position as shown in photo sweep top leg forwards on inhale and backwards on exhale, let leg go slightly further than the mid line of the body. Repeat and perform on other side.



**Swimming** – (Core/back/glute strengthening) Start position as shown in photo, lengthen through arms and legs so right arm and left leg are raised together and vice versa. Exhale for four changes, inhale for four changes. Repeat.



**The leg pull** – (Core/upper body strengthening) Start in full plank position, lengthen through left leg on exhale, lower on inhale. Alternate legs and repeat.



**The plank** – (Core/upper body strengthening) Adopt position as shown in photo and hold for several breaths.



**The side bend** – (Core, upper body strengthening) Start position as shown in photo, on inhale imagine you are being hoisted up from your middle so you push yourself up onto your knees and hand. At the same time lift your arm up over your head. Exhale to lower but do not touch down on the mat, just hover and repeat. Perform on other side.



**The crab** – (Core strengthening, spine flexibility) As in 'the seal' but cross your legs and hold your toes as in photo. Roll back on inhale, forwards on exhale. Stop before your toes reach the floor and hover. Repeat.



**The push up** – (Core/upper body strengthening, spine flexibility) As in level 1 'push up' but perform a full press up as shown as photo. Progress to three press ups for more challenge. Repeat exercise.

