

## Advanced / Level 3 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 and lowered towards floor, lift head off mat, beat arms 5 x inhale, 5 x to exhale for 100 arm beats.



**The neck pull** – (Core strengthening, spine flexibility) As ‘the roll up’ but have hands behind head. Repeat. Harder – place hands in front of forehead.



**The open leg rocker** – (Core & thigh strengthening and flexibility) Start position as shown in photo, inhale curve spine into c shape and roll back onto shoulder blades. Exhale and roll forwards back to start position and hover. Repeat.



**The hip twist** – (Core & thigh strengthening) Start position as shown in photo, circle the legs from the hips in one direction, inhale for one circle, exhale for one circle. Repeat.



**The roll over** – (Core strengthening & flexibility) Start lying on back with legs extended towards the ceiling and arms by side. Exhale and roll your legs over to the position in photo peeling up the spine as you go. Inhale, separate legs and roll your body back down onto the mat bringing the legs together at the end into the start position. Repeat. Harder – Lower legs further over head.



**The leg pull front** – (Upper body strength) Start position as shown in photo, exhale raise one leg inhale and lower, repeat on other side.



**The swan dive** – (Flexibility & back strength) Start lying face down on mat, extend through both legs so legs raise off the mat as pictured on right. As legs start to lower, extend up through the torso with arms above the head. Raise torso off the floor as far as you can then as torso falls to floor extend up through the legs again. Repeat.



**The double kick** – (Lower body strength) Start position as shown in photo. On a three part exhale, pull your abs in and kick heels to glutes three times. Then on inhale lower feet to floor whilst lifting your upper body high off the mat looking forwards. On exhale lower upper body onto mat turning head to opposite side and repeat heel pulses.



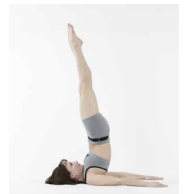
**The scissors** – (Core & leg strengthening) Start position as shown in photo, inhale and scissor your legs open, equally away from each other pulsing the legs twice in the open position then switch legs on the exhale. Keep rest of body still, keep pelvis stable. Repeat.



**The bicycle** – (Core & leg strengthening) Start position as in scissors above, pedal legs as if on a bicycle, inhale for one rotation, exhale for one rotation. Aim to keep the extended leg moving away from body straight for as long as possible. Repeat performing backwards rotations.



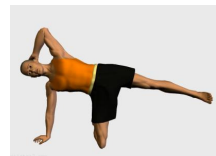
**The jack knife** – (Core strength & flexibility) Rest on your back with your legs extended in front of you and your arms resting at your sides. Place your palms flat on the ground. Inhale deeply and as you exhale, point your toes and push into your palms to lift the legs straight off of the floor and overhead picking your hips up off the floor until your hips are stacked above your shoulders. On the same inhale lift your legs once again until your toes are pointing towards the ceiling, hold this position for an inhale. Exhale then slowly lower the spine to the mat keeping legs extended, to the start position. Repeat.



**The teaser** – (Core & leg strength) Start in full body stretch, exhale and raise arms overhead whilst curling up through head and torso off the mat as in the roll up, and raising extended legs off the mat, when torso and legs are in a V shape as pictured and arms are in parallel with legs, inhale to lower torso, arms and legs back down to ground. Repeat.



**The side kick kneeling** – (Core & upper body strength) Start position as shown in photo, ensure body is in alignment. Inhale to bring leg forward with pointed toe, exhale to move leg backwards with flexed foot past the centre line of the body. Repeat and perform on other side.



**The side bend** - (Core & upper body strength) Lie on your side with hips stacked and legs extended with top foot in front of lower foot. Imagine you have a hoist around your middle as you inhale and lift your hips off the floor resting on one hand and your feet – as pictured right. Exhale and lower back down onto the mat. Repeat and perform on other side.



**The boomerang** - (Core & leg strength) Sit on your mat with your legs extended and crossed in front of you with hands on floor by knees. Lean your body towards your legs keeping your spine straight. On the exhale roll backwards onto shoulder blades into the 'roll over' position but with legs still crossed. Inhale and open legs then cross legs again the opposite way around. Exhale and roll forward to the 'teaser' position one vertebrae at a time with legs still crossed – legs and torso should still be creating a V shape. Inhale and circle arms behind you and hold - as pictured right. Keeping your V shape lower legs to the floor on an exhale, torso should now be leaning over your legs. Finally inhale to circle the arms back in front of you and extend them above legs. Repeat.



**The control balance** – (Core & leg strength) Start lying on back with legs extended towards ceiling arms overhead resting on floor, on an inhale roll over onto shoulder blades with hips in the air, exhale and extend legs up towards ceiling trying to create a straight line from shoulders to feet (as in Jack knife). Inhale to hold this position then exhale and lower one leg towards your hands - as shown in picture. On inhale raise this same leg whilst simultaneously lowering the other leg (as in the scissors), maintaining your balance. Repeat the leg movement, changing the breath with each scissor motion.



**The cork screw** – (Core & leg strength) On an inhale adopt the 'roll over' position by bringing extended legs overhead in parallel to floor. Move your legs slightly over your right shoulder then lower down through the spine on an exhale moving legs away from you over the right side, circle the legs when they are above the hips then inhale and bring the legs up and over the right side of the body and back into the 'roll over position'. Shift legs over to left shoulder this time, exhale and lower the legs over the left side of the body circling at the bottom and bringing legs back over the right side on an inhale to the 'roll over' position. Repeat alternating sides.

