

Body Works

536 Welford Road
Leicester
LE2 6EN



Phone: 0116 2885533
Email: info@thebodyworksleicester.co.uk
Website: www.thebodyworks.co.uk

Patient:
**Body Works Improver's Pilates
Exercises**

Date:
05th Mar 2020

Practitioner:
Theresa Bell



Curl Ups and Leg Reaches

Adopt the supine start position. Inhale to prepare. Exhale as you lengthen the back of your neck and nod your head forward curling your upper body, as you straighten one knee, with your foot pointing towards the ceiling. Keep the back of your lower ribcage in contact with the floor, with your head relaxed into your hands. Do not allow your abdominals to bulge. Exhale, as you slowly return back to the starting position. Repeat as required.

Video: <http://youtu.be/uVXePU4qeXA>



Knee Folds / Scissors 2/3

Lie on your back with both legs in the 90/90 position. Exhale and lower one leg to tap the toe on the floor, and inhale as your leg is lifted back to the table top position. Alternate your legs, and make sure you avoid your back arching. Keep your lower abdominals engaged throughout.

Video: <http://youtu.be/V3HaBfw- Bs>



Scissors Straight Leg Stretch

Adopt the supine start position. Float both legs into the table top position one leg at a time connecting your inner thighs. Exhale and peel the back of your head, neck and upper back from the floor, with your arms reaching towards your ankles. Inhale to prepare, exhale and lengthen one leg towards the ceiling while the opposite leg lengthens away from you just above the floor. Place your hands around the calf or thigh of your upward leg, and create a controlled double pulsed movement adding some stretch in the back of the upward thigh. Inhale, then exhale as your legs change position keeping them straight and pulsing with your opposite leg. Repeat alternating legs. To finish, bend your knees and roll your upper body back onto the mat before returning your feet back onto the mat.

Video: <http://youtu.be/UQ72kSB0uts>

Shoulder Bridge / Spine Curls with Overhead Arms



Adopt the supine start position. Bring your heels slightly closer to your bottom to reduce the stress on your Hamstrings. Exhale as you tilt your pelvis back underneath you, pressing your lower back into the floor. Slowly roll your spine off the mat one vertebrae at a time to the tips of your shoulder blades. Inhale and move your arms above your head. Exhale, rolling the spine back down, one vertebrae at a time. Return your arms to your side. Make sure you keep your weight equal through both feet. Repeat as required.

Video: <http://youtu.be/RhpTvbPwnoA>

Hip Rolls with Feet Up



Adopt the supine start position, with arms away from your body just below shoulder height. Exhale as you float one leg into the table top position. Inhale, and then exhale as you float the other leg in the air to the same position. Connect your inner thighs together. Inhale to prepare, and exhale sending your knees to one side keeping your knees connected and in-line and legs angled in table top. Allow the lower back to come away from the floor maintaining a neutral spine, while simultaneously rolling your head and neck to the opposite shoulder. Inhale to hold, exhaling as the head, neck and legs roll to return back to the midline.

Video: <http://youtu.be/yVR46EgUJ68>

Oblique Roll Up



Adopt the seated start position, with your feet on the floor, legs parallel and knees bent. Lift both arms upwards in front of you in line with your shoulders. Inhale to prepare, and exhale rolling off your sitting bones to curve the lower spine tilting the pelvis backwards. Then, turn your upper body to one side allowing your head and arm to follow the movement on that side. Keep the opposite arm facing forwards. Inhale and return back to the starting position, bringing the arm and head back to the midline and lengthening the spine so you roll back onto your sit bones.

Video: <http://youtu.be/isCkDNiD3BM>

Oyster / Clam 2



© rehabmypatient.com

Adopt the sidelying start position on your right side, and lengthen your right arm out underneath your head, in line with your spine. Lengthen your left waist curve, so your side does not collapse into the floor. Place your left hand in front of your chest flat on the floor, bending your elbow to support you. Bend both knees in front of you, drawing your feet back in line with your pelvis. Float both feet 2 inches above the floor keeping your heels connected. Inhale to prepare, and exhale as you open your top knee, keeping your feet connected. Inhale as you control your leg back to the start position.

Video: <http://youtu.be/t39LRNWUQYs>

Table top In Four Point Stance

This exercise is different to that shown in the image!

The pebble

With your abdomen relaxed, Imagine that there is a piece of string attached to your lower abdomen and that there is a pebble attached to the bottom of the string, which is just in contact with the floor!

As you exhale lift the pebble by tightening your abdomen and as you inhale relax your abdomen and allow the pebble to lower. Repeat x5.

Then exhale to lift the pebble (as before), but now keep the pebble lifted as you inhale again. Repeat x5.

Essentially with this exercise you are learning to contract the abdominal wall and still be able to breathe independently!

Video: <http://youtu.be/vN8jaNSRn2c>



© rehabmypatient.com

Swimming

Lie on your front, with your legs straight and hip distance apart and your arms straight over head slightly wider than shoulder distance, palms facing down towards the floor. Rest your forehead onto a folded towel, keeping the back of your neck long. Glide your shoulder blades down towards your waist. Find a neutral spine and engage your centre. Inhale to prepare, exhale as you lengthen and hover your opposite arm to leg away from the floor just a small distance. Inhale to lower. Repeat alternating the opposite arm to leg.



© rehabmypatient.com

Video: <http://youtu.be/vm0yrZ7MCm0>

These are some of the exercises that we do in the improver's class for you to practice at home. Please only do the ones that you feel comfortable with. If you are unsure contact Body Works for advice.