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## Your Daily Gentle Pilates Exercises for Beginners

This class has a perfect section of exercises to strengthen your core, back and glutes.

1. On your back
  - a. Feet hip width apart
  - b. Neck long and in neutral
  - c. Breath in thru nose
  - d. Exhale out thru the mouth
2. Draw abs down imprint
3. Hug knees into chest rocking side to side
4. Bridge
  - a. Roll down on vertebra at a time
  - b. Like one pearl on a necklace
  - c. Add Sleep walk arms to ceiling
  - d. ADD small pulses
    - i. Inhale lower hip
    - ii. Exhale lift hips
  - e. Reach Arms overhead
    - i. Roll down
5. Legs are straight
  - a. Reach arms overhead
  - b. Arms move forward to hips
  - c. As head lifts and chest lifts
  - d. Lift the right leg in tabletop
  - e. Lift the left leg in tabletop
6. Hands behind the head with legs in tabletop
  - a. Curl up with elbows drawing towards the knees (8x)
  - b. Small pulses (10x)
7. Arms in "T"
  - a. Knee drops
  - b. Rock knees to the left

- c. Finish with knees hug into chest
8. Toe Taps
  9. Extend on leg out
    - a. Switch over to the opposite knee
    - b. Single leg stretch with head and neck down
    - c. Lift head and chest and turn towards the knee coming into the chest
  10. Criss Cross Sequece
    - a. Criss Cross 5x and hold position of elbow to knee
    - b. Roll to your Side and Add leg lift
    - c. Keep the bottom knee bent
  11. Roll back to the Criss Cross
    - a. Criss Cross (5x)
    - b. Roll to the opposite Side and add leg lifts
  12. Roll back to the Criss Cross (5x)
    - a. Roll to opposite sie and Leg circles
    - b. Go to Criss Cross on the back
    - c. Leg circles on the opposite side
  13. Hugs knees in and rock and roll up to sitting
  14. Bound Angle Pose with a forward fold
  15. Seated with Legs extended
    - a. Spine Twist
    - b. Pulse, Pulse
    - c. Back to Center
  16. Spine Stretch
    - a. Feet together and flexed
    - b. Forward fold
    - c. Feet together and pointed
    - d. Forward Fold
  17. Child's pose
  18. Mini Plank pose sequence
    - a. Table top position – Girly plank
    - b. Pushup

- c. Sit back onto your heels – child pose
- d. Repeat
  - i. Come forward
  - ii. Pushup
  - iii. Child pose pushing back
- 19. On Belly
  - a. Elbow wide and interlock fingers
  - b. Push the floor away
  - c. Kick/kick extend one leg
  - d. Alternating
  - e. If SI joint issues keep head down
- 20. Child's pose or Down Dog
- 21. Seated
  - a. Mermaid
    - i. Zigzag position
  - b. Add Seated Yoga Wild Thing
    - i. Arm over head in diagonal
    - ii. Other side
- 22. Add Thera band
  - a. Arm work
  - b. Leg stretches