

Pilates in the Gym
15 to Go
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Hundreds – On back, hips/knees bent 90 degrees, arms by trunk, palms down; curl torso up, extend legs to 45 degrees, pumping arms up and down; inhale 5 counts, exhale 5 counts

Roll up - On back, arms extended by ears, flexed feet; inhale, raise arms and curl torso forward; exhale, continue reaching toward feet; inhale, sit upright; exhale, roll back

Leg Circles - On back, one straight leg, ankle flexed, other leg extended, ankle extended, T base with arms; scribe small circle, inhale crossing midline, exhale outside, reverse, repeat with other leg

Rolling Like a Ball - From tuck position, arms wrapped, inhale, roll back onto shoulder blades, exhale, roll up; balance, finish exhalation

Single Leg Stretch - On back, bring one knee to chest, clasping shin with hands, reach other to 45 degree; switch legs; Inhale for two, exhale for two

Double Leg Stretch - On back, exhale, tuck knees to chest, curling torso up, arms reaching for ankles; inhale, straighten to an open

Swan Dive - Prone position, legs slightly turned out; Inhale, raise torso up 6-8 inches; exhale, lower torso, raise legs

Single Leg Kick - Prone position, propped on elbow; inhale, bend knee, flexed ankle, pulse twice; exhale, extend leg to mat; repeat with other leg

Double Leg Kick - Prone position, arms behind, hands at lower back; inhale, bend knees, pulse twice; exhale, extend knees, raise torso, straighten arms

Spine Stretch - Straddle, reach arms straight ahead; exhale, reach forward; inhale, hold the position; exhale, reach forward again; inhale, hold the position; exhale, return to position

Open Leg Rocker - Pike position, balanced on buttocks; inhale, roll backward; exhale, return upright and balance

Corkscrew - On back, pike position, T base with arms; circle leg clockwise, exhale to start the circle, inhale to finish; reverse

Saw - Straddle sit, arms out to side; inhale, rotate torso to one side; exhale, bend torso forward reaching toward foot with opposite hand; inhale, return to upright, still rotated; exhale, return to start

Sidekicks

Side lying, exhale, kick forward twice; inhale, kick back;
With legs parallel, circle top leg at hip height;
Bottom up leg kicks

Swimming - Prone position; raise opposite arm and leg in swimming motion; change sides; inhale four, exhale four