

Classical Pilates – 12 Exercises

1. **One Hundred** - the reason why the one Hundred is called the one hundred, is because you pump your arms 100 times. You are on the floor, low back is rounded to the floor, bend your knees, pull up using your arms. You should feel rounded in your back. With one or both arms, pump your arms in a five count exhale out/inhale in 5 count. You can table top your knees, lift your legs straight, or bring your legs down a bit lower without lifting your low back off the floor. Pump arms 100 times.
2. **Roll Up and Over** - start on your back, arms extended out long. Using your core lift up - inhale, and over - exhale, look at your center body as your roll over. Lift up your spine straight inhale before rolling down one vertebrae at a time - exhale. Try to do 5 to 8 times.
3. **Rolling like a ball**- sitting up, hold on to your knees and roll down over your rounded back. Do not roll on your neck. You also can partially roll down. Do this 5-8 times.
4. **One Leg Circle**- lay on your back. One leg over your hip, the other is long on the ground or bent. Circle your leg across you other leg and then around. Do this 5-8 times, then circle the other direction the same about of times. Switch legs.
5. **The Abdominal 5 Series (do each 5-8 times):**
 - **One Leg Stretch** on back, one knee bent, one leg extended. Touch knee or ankle or knee and ankle, switch legs after 2 quick exhales
 - **Double Leg Stretch** hold both knees in to your center, extend out arms and legs
 - **Scissors** one leg straight up, one leg straight, exhale quick 2 times, switch legs
 - **Double leg lift** hands framing tail bone, or rounded up behind your head
 - **Bicycle** one knee pulled in, other leg extended. Exhale quick 2 times, switch legs
6. **Spine Stretch** sit up with a straight back, feet yoga mat width apart, round over an big imaginary ball and look at the center of your body then stack your spine straight, do around 3-5 times.
7. **Saw** sit up with a straight back, feet yoga mat width apart or a bit wider, arms stretched out to the side, turn and find the opposite pinky toe, reach further and further, switch sides, do each side once or twice.
8. **Cork-Screw (optional)** on your back, feet straight above your hips, feet come in towards your face, legs close together, make a circle around using your hip back to above your face. Circle back the other way. Do 3-5 times each way.

9. **Back Work** roll to your belly, with your feet on the floor, elbows bent, lift upper back. Do a few times. Fold hands and put your forehead on your hands, lift your legs. Also do a few times. If you want, add lifting upper body and legs, do a few times. Add swim your hands and feet for a few breaths before you childpose. On all 4s, do cat/cow stretch.
10. **Outer Thigh Work** roll on to your side hip, line yourself up on the edge of your mat, bring your feet over to the other side of the mat.

Do each section 5-10 times:

- Point flex as raise and lower straight leg on top
- Point with control swing leg forward, flex bring leg back
- Circle top leg one way, small controlled circles, after 5-10, circle the other way
- Cross leg over on top, pinning top knee to the floor. Straighten out bottom leg and lift/lower for 10-20 counts.

11. **Teaser (optional)** - sitting on tailbone, grab behind thighs. Try to let go one or both arms, try to straighten legs and arms, hold for a few breaths.
12. **Plank (optional)** - belly on floor, elbows under shoulders, hands are separated. Walk legs together, lift bum. Stay here or come up to your toes. Hold for a few breaths.