

Back Fit Beginners Pilates 6

Warm up

Shoulder Rolls, elbows circles, double long arm, all in a backward direction **X 4** on all.

Waiver tip X 4-6 at the same time each side. Core switched on.

Double Heel Raises with double arms raise X 4-6. Core switched on

Knee lifts Alternate X 4-6 each. Make sure you have support if needed.

Main Section

The Roll Down X 6, to Press portion and Press **once** in either the Box / 3/4 / full position, flow back to the Downward Dog for one full breath before Rolling up.

Roll down to all 4's, sit back **Childs Pose**

Threading the Needle X 3 each side.

Childs Pose, breath deep and relax and stretch lengthways.

Super Man with the pole if you have assistance or use a mirror.

Super man X 6 full technique slow and controlled with breathing.

Childs Pose. Stretch out for a full breath, turn over.

Roll up to seated position.

Bottom Walking X 8 forward and back.

C Spine hands over toes all the way back.

Roll Up X 4-6 all the way back arms above head to finish, repeat.

Shoulder Bridge X 6 with heel lift (alternate **X 2** at the top).

The Hundred (100) Full, if not compromising posture, all imprinted.

Single Leg Circles X 3 in each direction, stretch leg first, straight leg (toes gently pointed). Only move on exhalation, keep other leg feet on floor at 90 degrees.

Long body stretch, Roll over.

Core Lift X 4 remember not to engage other muscles, it just the core.

Dorsal Raises with head turns X 4-6 keep the core lifted.

Swimming X 10 alternating, slow and controlled for 3 sets.

Cool Down hold for 30 seconds, no bounce just constant pressure

Hamstring with a towel.

Quads on side with towel or hand.

Calves through squatting position.

Roll up to standing and stretch **Chest Pecs**.

Picture Frame for **lats** and side stretch.

Well done and Keep Going :-))