



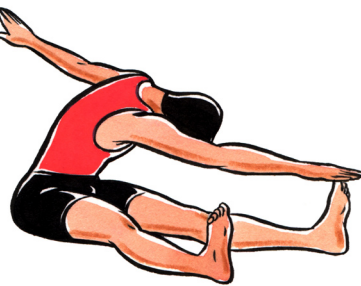
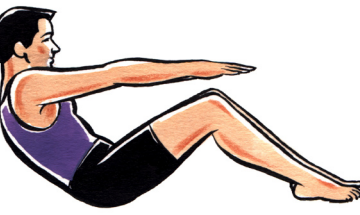



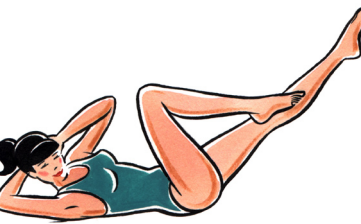
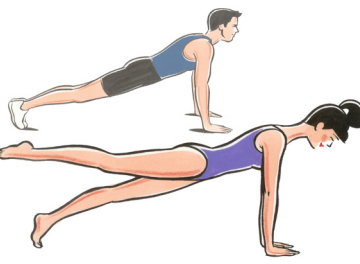
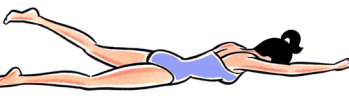


# Pilates Program

Pilates comprises special emphasis on the muscles of your core combined with fluid movement.

Sets: 1, Repetitions: 10, Frequency: 3 times a week

Exercise Program

<p><b>Spine Stretch</b></p>  <p>Sit tall. Engage abdominals. Navel to spine. Exhale. Round upper back &amp; stretch forward. Inhale. Roll back up. Stack vertebrae one by one.</p>	<p><b>Spine Twist</b></p>  <p>Sit tall. Legs slightly apart. Arms outstretched. Engage abdominals. Exhale. Twist torso to side. Hips still. Inhale. Return to centre. Alternate.</p>	<p><b>Saw</b></p>  <p>Sit tall. Navel to spine. Arms out to sides. Exhale. Twist to side and reach to opposite toe. Inhale. Draw body up. Return to start. Alternate.</p>	<p><b>Roll Up Lvl 1</b></p>  <p>Sit tall. Engage abdominals. Arms extended. Inhale. Tuck pelvis. Lay vertebrae down one by one. Exhale. Slowly roll up. Feet down.</p>	<p><b>Rolling Back Lvl 1</b></p>  <p>Sit tall. Hands beside you. Engage abdominals. Inhale. Tuck pelvis. Roll back. Keep C shape spine. Exhale. Roll up. Use hands as reqd.</p>
<p><b>One Leg Stretch</b></p>  <p>Engage abdominals. Hold one leg. Stretch other away from you. Inhale. Slowly swap to other leg. Keep torso still. Exhale. Repeat other side.</p>	<p><b>Shoulder Bridge Prep.</b></p>  <p>Exhale. Peel vertebrae up off floor one at a time. Stretch arms over head. Inhale. Lower spine. Bring arms down &amp; around to start point.</p>	<p><b>Criss Cross</b></p>  <p>Head lifted. Hands by ears. Navel to spine. Extend one leg. Inhale. Twist upper body toward bent knee. Exhale. Inhale as you switch sides.</p>	<p><b>Leg Pull Down</b></p>  <p>Hands under shoulders in push up position. Navel to spine. Body straight. Exhale. Lift leg off the floor. Inhale. Lower leg. Alternate.</p>	<p><b>Swimming Inter</b></p>  <p>Navel to spine. Exhale. Lift and extend opposite arm and leg. Inhale. Return to start. Keep torso still. Alternate.</p>

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**For Sample Purposes Only.**

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