

5 DAILY PILATES EXERCISES



Lie on your mat with your knees bent, feet flat on the floor. Make sure your feet are hip-distance apart.

Inhale - prepare

Exhale - articulate your spine up into a bridge position, one vertebra at a time

Inhale - pause at the top and reach your knees over your toes to open up your hip flexors

Exhale - soften your chest and articulate your spine down to the ground, one vertebra at a time

Repeat 8-10x



Lie on your mat with your knees in table top position. Gently hold behind your thighs, nod your chin to your chest and lift your head, neck, and chest up off of the mat using your abdominals. Flatten your back into the mat, reach your arms forward, and extend your legs on a 45 degree angle.

Inhale for a count of 5 - pumping your arms as you go

Exhale for a count of 5 - continuing to pump your arms

Repeat the breath cycle 10x



Lie on your mat with your knees in table top position. Gently hold behind your thighs, nod your chin to your chest, and lift your head, neck, and chest up off of the mat using your abdominals. Place both hands on your right knee, as you extend your left leg out on a 45 degree angle.

Inhale - switch legs, drawing your bent knee in toward you, and flexing at the hip crease

Exhale - switch legs

Perform 8-10 reps on each side



Lie on your back with your legs long and arm yours down by your side.

Inhale - raise you arms up by your ears

Exhale - drop the shoulder blade down onto the back

Inhale - raise your straight legs up off of the mat and reach your arms toward your toes, beaming your chest to the sky

Exhale - lower your body with control, return to starting position

Repeat 8-10x



Lie on your tummy with your arms stretched out in front of you. Lengthen your lower back and pull your belly button off of the mat. Float your arms, legs, and head off of the floor, keeping your gaze down toward the mat.

Perform a swimming motion by raising your right arm and left leg, then switching to the other side, maintaining stable trunk the entire time.

As you move the arms and legs quickly, the breath pattern is one inhale per two swims and one exhale per two swimming motions.

Repeat for 8-10 breaths