

Pilates Active Core Training

Specificity in Training

Level 1 - Home Sheet 1

Standing against a wall

Standing against a wall, be aware of spreading the weight equally over your feet, and feeling the shoulders and pelvis on the wall. Continue to use your abdominals throughout the movement as you roll the spine over and down, keeping the back of the pelvis on the wall.

Standing Breathing x6 thoracic breathing into the back & sides of ribs

Focus on connecting the ribs with the pelvic floor throughout – heightening it as you exhale. Initially draw the pelvic floor muscles in and upwards *gently*

-inhale: to expand the rib-cage sideways & backwards (keeping the shoulders still)

-exhale: to draw the rib-cage inwards and downwards, while drawing further up through the pelvic floor. As a result at the completion of the exhale you should feel a tightening throughout the mid-section from the rib-cage to the pelvis.

Standing Imprinting x6 drawing navel to spine & lengthen tail bone down the wall

Gently tilting the pelvis so the pubic bone leads up towards the ceiling allowing the back of the pelvis and low back to feel a very gentle stretch (try not to allow the bottom to squeeze). Let the pelvis gently roll back to a straighter position across the front.

Standing Rolldowns x3 lengthen & imprint spine to roll up & down while keeping the back of the pelvis against the wall

Lying Supine

Neutral Pelvis: place the fingers on the front of the hips finding the two points that stick forwards the most (called the ASIS's) then put the heels of the hands onto these boney landmarks. Bring the fingers down to locate the ends of the pubic bone, and these – the ASIS's and pubic bone should be level giving you a neutral spine.

Imprinting x5

Lying in the neutral position knees bent and with hands by your sides. Gently tilt the pelvis so the pubic bone leads up towards the ceiling allowing the back of the pelvis and low back to feel a very gentle stretch (try not to allow the bottom to squeeze). Let the pelvis gently roll back to a straighter position across the front. When you roll the pelvis back, place your hands on the front of the pelvis so the heels of the hands sit on the two bones that stick forward and the fingers rest on either side of the pubic bone (between the legs). Ensure these bony landmarks are level. This is your "NEUTRAL" pelvic position.

Pelvic Curls x6

Inhale, as you exhale scoop through the abdominals into an imprinting and then curl the tail bone off the floor, gradually articulating the spine without overworking the gluts (bottom). Inhale to hold this 'up' position; as you exhale articulate the spine back to the floor, making sure you finish in neutral through the pelvis

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Chest-lift #2 x6

Focus on keeping the pelvis neutral and the abdominals and pelvic floor engaged without overworking the neck. Some times putting one hand under the low back and one on the tummy helps to identify pelvic movement. Inhale to prepare, exhale to slide the ribs to the hips to bring the upper body up in the air. Inhale to hold this position and then exhale to lengthen the upper body back to the floor.

Single Leg Lift (with one hand behind the low back and the other on the low tummy) x4 each leg

Focusing on pelvic stability and inner thigh activation throughout (femur alignment). Inhale to prepare exhale to raise one leg to table top (90°) inhale to hold and exhale to lower back to the floor.

Belly Breathing (prone) x5

Lying on the stomach with the pubic bone gently pressed into the mat, Inhale/Exhale so the tummy comes off the floor & in towards the spine, Inhale to release the tummy connection to the floor and Exhale to pull the tummy up once again. *Focus on relaxing everything but the tummy.*

Prone Breathing x 6

On the stomach, inhale; exhale so the tummy comes off the floor & in towards the spine. Then hold the abdominals in as you continue to breathe expanding and contracting around the rib-cage. Breathing when lying on the tummy is also sometimes called "stomach lift breathing" because that is the ongoing effect of the movement.

Prone Single Leg Lift x6 each leg

Lying on your stomach with the pubic bone gently pressing into the floor. Placing the hands underneath your pelvis to allow you to feel any pelvis movement. Inhale, then Exhale to lift and reach the right leg off the floor (feel as though you are reaching the leg out of the hip), and Inhale to lower the leg. Exhale to lift and reach the left leg off the floor, and Inhale to lower the leg. *Focus on keeping the pelvis still and try to feel the back of the thighs working.*