



# **PILATES PRINCIPLES HOME WORKOUT**

**Key Principles of the Pilates Method**  
**Spinal Mobility**  
**Shoulder Mobility, Stability and Strength**  
**Stretch and Strengthen Legs and Hips**



## Key Principles of the Pilates Method

### *Balanced Body University*

**Breathing** - The essential link between mind and body. The breath is integrated into our movements to keep our awareness, improve oxygen flow through the tissues and improve capacity of our lungs.

**Concentration** - To be present and pay attention to the movements. Students should only do as many repetitions as they can pay attention to.

**Control** - To understand and maintain the proper form, alignment and effort during the entire exercise. Students must engage the mind to control the movements of the body.

**Centering** - All movements radiate outward from the center. We work towards developing a strong, stable and flexible center.

**Precision** - Understanding proper form and placement and performing exercises with efficiency. Precision is the end product of concentration, control and practice.

**Balanced Muscle Development** - Understanding, developing and maintaining correct alignment and form to improve posture and enhance physical abilities.

**Rhythm/Flow** - Movements are done with a sense of rhythm and flow that decreases stress on our joints and develops movement patterns that integrate our whole body.

**Whole Body Movement** - Pilates integrates movement into a flowing whole body experience and integrates the mind and body to create a life balance.

**Relaxation** - We must have a balance between effort and relaxation. Exercises should be performed with just the amount of effort needed, no more, no less. Releasing unnecessary tension in our bodies helps us find ease and flow in our movements and in our lives.



# PILATES

— by the Bay —

## PILATES PRINCIPLES HOME WORKOUT

### Spinal Mobility



#### Knee Sway (Knees Together)

Keep shoulder blades on the mat and keep the knees and feet together. Scoop the belly and rotate the spine to sway the knees, be careful not to arch the back.



#### Telescope Arms

Keep the knees stacked and focus on rotating the ribcage versus trying to touch the floor with your hand.



#### Cat Stretch

Round back: Scoop the belly to round the low back to the ceiling. Don't thrust the hips forward or shrug the shoulders.  
Arched back: Stay strong in the arms pushing the chest up and forward. Draw the shoulder blades down and together.



#### Thread the Needle

Keep the hips stacked over the knees the entire time. Try to keep both sides of the torso equally long as you rotate.



#### Roll Down

Start standing against the wall with the entire spine against wall without tucking the pelvis. Walk the feet away from wall as much as needed. Bend at each vertebrae rolling down and up the wall. Keep the back rounded by scooping the belly.



#### Side Stretch

Keep both sides of the butt, ribcage and shoulder blades against the wall throughout the movement. Bend from the waist and try to stretch ribcage up away from pelvis.



#### Cobra

Scoop the belly and press the pubic bone towards to floor . Press into hands and elbows, slightly pull hands towards hips and reach chest forward as you draw shoulder blades down and together. Focus on bending the upper back area.



## PILATES PRINCIPLES HOME WORKOUT

### Shoulder Mobility, Stability and Strength



#### Elbow / Birdwing Circles

Keep the head of the humerus in the shoulder socket. Don't shrug the shoulders or let the ribcage lift away from the mat as you circle the elbows.



#### Puppet Arms

Protract the shoulders by reaching the arms up to the ceiling. Without bending the elbows, let the arm & shoulder return to neutral or slight retraction keeping ribs down on the mat.



#### VW with Theraband or Strap

Keep the head of the humerus in the shoulder socket. Don't shrug the shoulders or pop the ribs forward. Draw shoulder blades down and together as you pull the strap down.



#### Serratus Push-up

Keep the spine neutral, belly scooped and arms straight the entire time. Draw the shoulder blades together and the sternum/ribcage will sink slightly towards the floor. Then push into the floor to lift the ribcage away from the floor and broaden the shoulder blades.



#### Drinking Cat / Lion

Keep the hips over the knees and slight extension in upper back. Pull the mat apart as you lower to the floor. Push the mat together as you rise leading from the collarbones and keeping the belly scooped.



#### Wall Push-up

Stand 2 feet from the wall in a straight line from head to heel. Keep elbows narrow and point them towards the floor as they bend. Try to keep shoulder blades wide across the back and shoulders down. Maintain a neutral spine.



# PILATES

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## PILATES PRINCIPLES HOME WORKOUT

### Stretch and Strengthen Legs and Hips



#### **Knee Stirs**

Place hands on the knees and stir the femur in the hip socket in a circular motion (both directions). Keep the belly scooped and back pressed into the mat.



#### **Knee Sways (Feet Apart)**

Place the feet on the floor mat-width apart. Using the abdominals, keep the pelvis still and sway the knees to each side – focusing the knee that is swaying (rotating) in to the midline.



#### **Bridging**

Press evenly into the feet and keep the back relaxed and legs in alignment (hip bones, knees and second toe in line). Use the hamstrings to lift up the pelvis. Do not tighten or arch the back or lift higher than the shoulder blades. Do not squeeze the butt or tuck the pelvis. Lift with a flat back or articulate one vertebrae at a time.



#### **Prone Hip Extension**

Scoop the belly and press the pubic bone towards to floor to keep pelvis neutral. Lengthen and lift each leg from the top of the hamstring without tightening the gluteus max.



#### **Other Stretches:**

Leg & Hip Stretches  
Foam Roller Releases  
Ball Rolling