

PILATES BODY STARTER KIT

a quick-start guide to jumpstart your
Pilates journey and accelerate your results




thebalancedlife®
Pilates, Barre & Balanced Living with Robin Long

Welcome!



I'm so glad you found The Balanced Life.

As a busy mom who is passionate about helping women discover the power and gift of the Pilates method, I've made it my mission to help you experience the benefits and results that this method brings.

10 years ago, Pilates changed my life. It changed my body, my mind, and my relationship with exercise and I want you to experience the same thing.

For years, the Pilates method has been expensive and ultimately inaccessible for many due to location, finances, or lack of time to get to the studio. That's one of the reasons I created The Balanced Life. The Balanced Life is a place for you to access quick and effective Pilates workouts that can be done from home. I'm dedicated to bringing you the highest quality instruction so that you not only avoid injury, but get the most out of your time on the mat.

Pilates isn't like most other forms of exercise.

It's not about pushing yourself to the point of exhaustion, working through the pain or maxing out. It's about listening to your body, learning how it works, focusing on form, breath, alignment, and muscle activation...all in an effort to improve our strength, mobility, mental health, and overall well being.

In this Pilates Body Starter Kit I'm going to walk you through everything you need to know when getting started on your Pilates journey and most importantly, how to get the most out of your practice so that you see the best results in the shortest amount of time.

Are you ready to dive in?

Let's get started!

xo,
Robin

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Why Pilates

As I mentioned earlier, Pilates is different than any other form of exercise. Rather than focusing on max exertion or "no pain, no gain," we focus on learning how to use our bodies in the most efficient way. Doing so ensures that we not only build strength in a quick and efficient way, but we also protect ourselves from injury, connect our mind to our bodies and experience benefits that go far beyond the mat. Embracing the Pilates method will filter into your daily life in powerful and transformative ways.

Pilates is a form of mind-body exercise that is known for restoring posture, improving alignment, improving breath function, increasing circulation, calming the mind and helping you to tune in to your body in new ways.

"Pilates is the complete coordination of body, mind and spirit"
- Joseph Pilates

Many people find that they are able to be more consistent with Pilates than any other form of exercise, because:

- it leaves you feeling energized and refreshed, not exhausted and depleted
- the way you feel when you're done leaves you wanting more and looking forward to your next workout
- the quick results that can be seen on and off the mat
- the safe and effective movements allow for daily practice (no rest days needed)
- the workouts are fun, interesting, engaging and anything but boring

Why Pilates

By practicing Pilates on a regular basis, you can expect to:

- improve core strength and overall core function
- increase ab strength
- improve pelvic floor function (no more pain, no more leaking!)
- reduce back pain
- increase daily energy levels
- reduce stress and anxiety
- improve mindfulness both on and off the mat
- build long, lean muscles
- improve mobility
- avoid aches and pains that come with aging or daily activities that cause discomfort

Almost sounds too good to be true, doesn't it?

I promise it's not! Keep reading, it's only going to get better and better.



History

I'll keep this short, but I think it's helpful for you to know a little bit about the history of the Pilates method to help you understand the approach more fully, and get the most out of your workouts.

The method was created by a man named Joseph Pilates. He was born in Germany in 1883. He was a sickly child who suffered from a variety of illnesses which inspired him to dedicate his life to finding ways to health, strengthen, and improve the body through movement.

He grew into an incredibly fit and active young man through his own methods of studying fitness. He began his career as a boxer, circus performer, and self defense trainer, however in 1912 (during World War 1) he was imprisoned in a British internment camp. The conditions within the camp were less than ideal as one can imagine, but Joseph insisted that all of his cellmates join him for daily exercise routines he had created to keep them all healthy in body and mind.

During his imprisonment he took it upon himself to help the injured German soldiers who were bedridden and unable to join his exercise classes. He devised a system of pulley's and springs to assist movement on the hospital beds (which explains the look of much of the Pilates equipment we use today!). It is said that when the tragic flu outbreak occurred during this time, none of the prisoners following Pilates' methods and programs fell ill. A testament to the power of his method!

After the war, Joseph moved back to Germany and continued training gymnasts, boxers, and other athletes. But when the political climate declined he immigrated to the United States. On the way, he met his wife, a nurse named Clara.



History

When they arrived in New York City, they opened up their own gym and training facility. They trained gymnasts and professional dancers and he quickly became one of the most sought-after experts in training a body for both strength AND mobility. Two things that don't often go together.

The method was originally called, Contrology, and was known for teaching the mind to control the body in powerful and effective ways.

Joseph Pilates was way ahead of his time. He believed the habits of modern life (too much sitting, poor posture, shallow breathing, lack of exposure to nature) were having a negative impact on our health.

After an extremely inspiring and successful life, Joseph passed away in 1967 at the age of 83. He was known for creating an extremely effective method of exercise and maintained an incredibly healthy and strong physique throughout his older years. He was also known for having a rather flamboyant and eccentric personality. Slightly intimidating perhaps, but with the best of intentions.

It wasn't until the 1980's that the Pilates method entered the mainstream fitness world, but clearly it has a long history of success and transformation. To this day, instructors around the world are dedicated to learning his method, preserving his technique, and keeping it alive today.

For further reading, I highly recommend his book, **Return To Life Through Contrology**.

"BY ALL MEANS, NEVER FAIL TO GET ALL THE SUNSHINE AND FRESH AIR YOU CAN"

- JOSEPH PILATES

Mat and Reformer:

what's the difference

The Pilates method can be performed on the mat without any equipment or on equipment such as the reformer, cadillac, and wunda chair.



So what's the difference?

Since the method was originally developed and taught on the mat, it is recommended to start with mat Pilates before incorporating additional equipment found at a local studio. Pilates mat work provides the basic knowledge and understanding of the entire system. Taking time to develop a consistent and intentional mat practice will translate beautifully when you are ready to add in additional equipment. Pilates mat work requires you to understand and control your body without any assistance. Don't be fooled by the fancy equipment, the most challenging Pilates workouts are typically advanced Pilates mat workouts that require you to develop a tremendous amount of strength and control.

Mat and Reformer:

what's the difference

Equipment found in studios, such as the reformer and cadillac are fantastic options to consider as you progress in your practice. The reformer assists in Pilates exercises in ways that can both add more support, as well as more challenge. Fewer springs can be used to challenge your stability and control (making an exercise more challenging in some cases) or more springs can be used to increase resistance (great for building muscle).

One benefit of the reformer is that it allows people to perform strength-building exercises without putting pressure and strain on your joints. Instead of standing, you're often lying on your back which helps you to focus on form and proper muscle activation, free of pain and stress on the joints.

Both mat and equipment-based Pilates will help you build core strength, improve mobility and provide mind-body benefits. One is not necessarily harder than the other, they both provide great value, just in unique ways.

When you are new to Pilates I recommend starting with mat work and eventually progressing to equipment work, should your finances and resources allow you to do so.

I am trained to teach both modalities and love them both the same!



The Pilates Principles

There are 6 essential principles in Pilates that are important to keep in mind as you dive deeper into your practice.

These principles were not created by Joseph Pilates himself, rather they were brought about by those who studied under him in an effort to preserve and spread his unique method of exercise.

1. Centering

This addresses the key component in Pilates that everything begins and ends with the center. Some people call this the core, others call it the "powerhouse."

All Pilates exercises are energized and powered from the center (you can read more about what "the core" includes in this post).

2. Concentration

Pilates is not an exercise method where you can show up and zone out. One should bring their full attention to each exercise and what is going on in the body to work efficiently, effectively and with intention.

3. Control

Every Pilates exercise is to be performed with full body control. Using momentum or rushing through exercises at the expense of form and function is not Pilates. Pilates requires control of both mind and body.

The Pilates Principles

4. Precision

Exercises should be performed with precision and focus. The details matter.

Working with precision will affect the muscles that you work and the effectiveness with which you work them. Failing to focus on the precise details will reduce the effectiveness of the method.

This is the beauty of Pilates. This is why we only have you do 8-10 repetitions rather than 30+. When done right, more is not better. In Pilates we work smarter, not harder.

5. Breath

Joseph Pilates encouraged full, intentional breathing in life and in exercise.

The breath has the power to transform the body and mind. When practicing Pilates one should exercise the lungs by breathing deeply and synchronizing the breath with the movement at hand.

6. Flow

Pilates exercises should flow with grace and ease. Flowing through each exercise, from one exercise to the next and using all part of the body in graceful unison.

Proper form & alignment:

why it matters

As outlined in the Pilates principles, **form and alignment** are key components in an effective Pilates routine. By focusing on good form we can do LESS and get BETTER results. Can I get an amen?

You'll notice in my workouts, I spend plenty of time cuing you through the movement to help you maintain proper alignment. Listen to these cues and adjust accordingly as you go through your workouts. Also know that Pilates is like an onion, there are layers that will continue to be uncovered for you. One day you may notice that your alignment has been off in a subtle way and all of a sudden you can feel it! This awareness comes from regular practice and improving self and spatial awareness. It comes with time and you will get better and better at it as the weeks and months go on. Trust the process and trust my instruction.

TIPS TO IMPROVE YOUR FORM AND ALIGNMENT DURING YOUR HOME PRACTICE:

1. Do your workouts in front of a mirror and watch your alignment. Make adjustments as you go.
2. Record your workouts on your phone and watch them afterwards. The video will provide an outside look at your alignment and you may discover some movements and exercises that need improvement.
3. Wear form-fitting clothing. I know, I like to workout in my pajama's as much as the next girl, but wearing form-fitting clothing will increase your awareness when it comes to posture, alignment and muscle engagement.
4. Book an in-person lesson once a month (or every few months if that makes more sense for you). Having an instructor check in on your form from time to time will help you make adjustments during your home practice.

Proper form & alignment:

why it matters

A few key alignment tips to help you get the most out of your workouts:

NEUTRAL SPINE

You'll hear me mention neutral spine quite often in our workouts. Working in neutral spine means that you are working with the natural curves of your spine and striving to maintain a delicate balance that will both build strength and stability, while allowing for efficient movement and long-term mobility.

A cue that may help you understand neutral spine:

- lie on your back with your knees bent and your feet flat on the floor. Imagine that the front of your pelvis (aka: your lower belly) is a plate holding a very, very full glass of wine. If you flatten your back too much the wine will spill toward your chest. If you arch your back too much the wine will spill toward your legs. If you maintain a nice, neutral spine, the wine will not spill.

Also, be sure to watch the "**Neutral Spine and Hip Mechanics**" video from my Pilates For Beginners series on YouTube for a full tutorial of finding and using neutral spine in your workouts.

A note of caution: I've found that when exercising at home, some people over-emphasize the neutral spine and in turn, feel soreness in their lower back. Some light soreness is normal if working in neutral spine is new to you, but if it lasts more than a few days you may want to err on the side of a flat back (aka: imprinted spine), until you gain enough strength and awareness to find the spinal position that works best for you.

Proper form & alignment: why it matters

KEEPING YOUR HEAD IN LINE WITH YOUR SPINE

It's common for this one to be overlooked in intense gym workouts and fast-paced classes. You'll see people hanging their head when doing planks or push-ups because they're just powering through to get to a certain number of repetitions, rather than focusing on good form.

In almost every Pilates exercise, you'll want to focus on keeping your head in line with your spine: not jutting forward, hanging down, or tilted back.

A few cues to help you understand this concept:

- Imagine gently holding an orange between your chin and your chest (this prevents sticking your chin forward and up)
- Lengthen the back of your neck.
- Imagine your spine continues straight up through the top of your head.

A note of caution: if your spine is naturally curved forward and you feel a lot of tension in your neck when lying on your back, your alignment may benefit from placing a small, folded towel under your head. But, note that you should never lift your hips up over your head if your head is propped up. For safety, remove the towel before lifting your hips.

For more tips on alignment and form, be sure to check out my [Pilates For Beginners video series](#). It's free!

Pilates Breathing:

when, why & how

"When do I inhale? When do I exhale?"

These are common questions I receive regarding the breath patterns in Pilates. Breath is a key component in the Pilates method so these are great questions to be asking.

When I first received my teaching certification, I taught the very specific breath patterns that are a part of the classic Pilates repertoire. After a few years teaching and under the influence of movement mentors I greatly admire, I changed my perspective.

I believe that learning how to breathe in Pilates should happen in the following order:

- 1. Just breathe.** Most people hold their breath when learning something new, concentrating or attempting a challenging exercise. The first objective is to become aware of your breath and remember to breathe fluidly as you go through your workout.
- 2. Learn how to breathe properly.** Did you know that how you breathe directly affects your core? I'll share more about this later. But once you've broken the habit of holding your breath, the next step is to learn how to breathe properly both in Pilates, and in daily life.
- 3. Experiment with your breath and learn how it facilitates efficient movement.** The Pilates method does teach inhales and exhales during specific movements, but the most important thing is that your breath facilitates efficient movement. I typically find that exhaling on the exertion (the hard part) helps me to engage the muscles of my core and move with intention. The exhale assists in connecting to the deep abdominal muscles and pelvic floor to prevent injury and support your spine. The inhale allows for expansion and focus. Once you have mastered step 1 and step 2, the next step is to experiment with how your breath affects your movement and muscle engagement - and using that breath to help you get the most out of your workouts.

Pilates Breathing:

when, why & how

Why is breath such an integral part of the Pilates method?

Joseph Pilates believed that learning to breathe is a central part of maintaining good health. He was adamant about the importance of deep breathing...

"Lazy breathing converts the lungs, literally and figuratively speaking, into a cemetery for the deposition of diseased, dying and dead germs as well as supplying an ideal haven for the multiplication of other harmful germs."

"Squeeze every atom of air from your lungs until they are almost as free of air as a vacuum. Notice how your lungs automatically refill themselves with fresh air."

"...above all, learn to breathe correctly."

The goal of breathing in Pilates is to oxygenate the blood, increase overall circulation, and focus the mind.

Holding your breath prevents all of these from happening and inhibits proper core function. For example, holding your breath while drawing your abs in, can put pressure down on your pelvic floor, which can cause a variety of issues down the road (ie: leaking when you sneeze). However, breathing easily and learning to breathe properly can actually strengthen and restore good health to the muscles of the pelvic floor.

Pilates Breathing:

when, why & how

How?

Lateral/Intercostal Breathing: lateral breathing is often taught in Pilates to encourage deep breathing while still maintaining engaged core muscles. In this style of breathing, you imagine breathing into the sides and back of your lungs - expanding your entire rib cage as it fills up with air.

Diaphragmatic Breathing: this style of breathing (often used in yoga) focuses on expanding the belly as you inhale. There is absolutely nothing wrong with diaphragmatic breathing and it's a great way to breathe throughout the day and in some Pilates movements. But, when you're specifically training the abs and attempting to maintain engaged core muscles in a particular exercise, the skill of intercostal breathing will help to facilitate this movement, without hindering your ability to breathe.



Where to Start...

You are in the perfect place to begin your Pilates journey!

Remember, I am here to guide you through it every step of the way.



FOLLOW THESE STEPS AND YOU'LL SET YOURSELF UP FOR SUCCESS:

1. Complete my **Pilates For Beginners** series at least one time. Repeat as necessary until you are confident and ready to progress. You don't need to be perfect, just aware of the basics and eager to learn more.
2. Dive right in to The Balanced Life Sisterhood's monthly workout calendar. I provide modifications for all levels. Starting on the calendar will provide guidance and support to keep you moving forward. **Click here** to log in to your account.
3. If you're struggling with specific exercises and need extra explanation and modification, check out my **12 Days of Pilates** videos. In each video you'll find exercise tutorials, tips, and modifications for all levels.

How often to do Pilates to get the best results

Pilates can be done daily without harm or repercussion. The most important thing is being consistent so I encourage you to do take an honest look at what you can commit to on a long-term basis.

I recommend practicing Pilates 3x per week at a minimum and ideally aiming for 4-6x per week as you progress.

Following The Balanced Life Sisterhood's monthly calendar will provide 5 realistic Pilates workouts for you to complete each week. By following the calendar, you will absolutely see results.



What to avoid if...

You have back problems:

Unfortunately, this is nearly impossible for me to answer without working with you in person. My recommendation is to meet with a local Pilates instructor or physical therapist to rule out underlying problems and determine a specific plan of action to improve your back health. In general, Pilates is known for greatly reducing low back pain and improving overall spine and back health. But it's always good to play it safe and listen to your body.



You have osteoporosis:

Pilates strengthens your back and core while improving your balance and posture - all good things for those with osteopenia and osteoporosis! However, there are precautions you should take to prevent injury. If you have been diagnosed with this condition, it's best to avoid all exercises that include bending forward as this can increase risk for fracture. Given that many of the exercises in Pilates include forward flexion, much of the classic repertoire will need to be modified or avoided. I recommend checking out *Pilates For Buff Bones*, a DVD by Rebekah Rotstein.

What to avoid if...

You have (or may have) Diastasis Recti:

Diastasis Recti is a separation of the abdominal muscles down the midline. This often occurs during pregnancy and often goes unnoticed or untreated. If you have an unexplainable pooch, years after giving birth, this may be something for you to look in to.

I recommend starting with my at-home check for Diastasis Recti on YouTube. If you determine that you need to heal your abdominal separation, I recommend following the MuTu System before fully diving in to the Pilates repertoire.

If you have Diastasis Recti, you can continue with Pilates, but will want to avoid any exercises that include:

- forward flexion of the spine (chest lift, roll ups, double leg stretch, etc.)
- planks
- increased pressure on the abdominal wall or pelvic floor

[**CLICK HERE FOR DIASTASIS RECTI VIDEO**](#)

[**CLICK HERE FOR MUTU SYSTEM**](#)

What to avoid if...

You're pregnant:

Pilates and pregnancy can be a match made in heaven, but as your pregnancy progresses, modifications will likely need to be made.

Assuming you have clearance from your doctor, it is generally safe to continue with regular Pilates workouts through the end of your first trimester. Once you have a noticeable bump that is affecting the way you move, you'll want to start modifying.

A few tips:

- Avoid exercises with forward flexion (aka: crunching forward) after the first trimester.
- Avoid laying on your back for more than a few minutes at a time after 18-20 weeks.
- Use a chair for balance when executing standing exercises.
- Listen to your body, take breaks as needed and listen to your body. Each day will be different in terms of how you feel!

The Balanced Life Sisterhood has a variety of pregnancy friendly workouts within the member Workout Library. And stay tuned....I'll be releasing a new online prenatal program very soon!



Home Equipment options

The beauty of doing Pilates at home is that all you need is a mat and room to move! It's that simple! But if you'd like to include more variety in your at-home routines, here are a few options to take your practice to the next level.



- **foam roller:** foam rollers are great for at-home massage as well as improving core strength and stability. Rollers vary in firmness and in length, [click here](#) for my favorite one!
- **Pilates Ring (aka: magic circle):** the Pilates ring can be used to add resistance and variation to your classic routines. [Click here](#) for a link to my ring of choice.
- **Thera-band:** thera-bands are an easy way to add resistance to your home workouts. They can also provide assistance when needed. They are very affordable and great for travel! [Click here](#) for a link to bands that I recommend.
- **Pilates Mat:** Did you know that Pilates mats are different than yoga mats? They are thicker in order to provide more padding for the spine. [Click here](#) to read more about Pilates mats, along with my top recommendations.

What to look for in a local studio

Setting out to find a local studio or class can be intimidating. It's easy to feel like you have to know what you're doing as soon as you walk through the door. For some, seeing the equipment for the first time is enough to make you want to turn back around and walk right through the door!

But with a little bit of knowledge, choosing a Pilates studio doesn't have to be scary. Knowing what to look for will help you feel confident as you check out local studios and even attend your first in-person class.



What to look for in a local studio

5 THINGS TO LOOK FOR WHEN CHOOSING A PILATES STUDIO:

1. Well-Trained Instructors

This is the most important thing when choosing a Pilates studio. The Pilates industry isn't regulated in the same way as other areas of group fitness are, so it's important to do your own research. Instructors should be certified through a reputable certification program.

A *reputable certification program includes:*

- 500+ hours of training, practice, and student teaching (for comprehensive certification, 200+ hours if the teacher only teaches mat)
- Recognition from the Pilates Method Alliance
- Modules that take place over a period of months (not weeks or days)

It's a very normal question to ask about the training instructors go through when selecting a studio. You can always write down the name of the certification they have and google it when you get home.

Instructors should be attentive, helpful, and kind. They should also encourage safe movement rather than just working you so hard that you feel the burn regardless of your form.

What to look for in a local studio

2. Style of Teaching

When choosing a Pilates studio it's good to try a few different classes from different teachers. Teaching styles vary and finding a teacher that you enjoy and connect with is very important. Some are more hands on, some are loud and energetic, and others are soft-spoken and gentle. When choosing a studio you'll want to make sure that you enjoy the general style of teaching and feel like you can trust your instructors to have your best interests in mind.

3. Vibe

This may seem silly, but it's not! It's hard enough to get the motivated to work out on long days, if you don't like the overall vibe of a studio, you're not going to want to go. Find a studio with a warm staff, friendly classmates, and a clean, welcoming atmosphere.

4. Classes/Offerings

When choosing a Pilates studio, you'll want to make sure they offer the classes you want to take at a time that works for your schedule. Additionally, find out if they offer exactly what you're looking for: mat classes, reformer classes, one-on-one training, barre, etc.

5. Location

If you have more than one option that seems like a good fit, consider the location of the studio and how it will fit into your daily routine. If you have to drive across town through traffic just to attend a one hour class, you're less likely to attend on a regular basis.

What to look for in a local studio

OTHER DETAILS TO CONSIDER WHEN TAKING YOUR FIRST CLASS:

- Arrive 15 minutes early to fill out paperwork and ask any questions you have at the front desk
- Notify your instructor at the beginning of class that you are new and let them know if you have any injuries or special considerations
- Wear comfortable, yet form-fitting clothing. Don't be shy, wearing clothing that hugs the body will help the instructor to see and correct your form. Bulky clothing gets in the way.
- Bring a pair of socks just in case. Some studios require socks, others don't.
- Most studios provide mats, so no need to bring your own.
- **Take a deep breath and relax - you will do great and remember, it's not a competition!**

Foundational Pilates Exercises

There are a handful of exercises that you will see again and again in Pilates classes and online workouts. I created tutorials for some of the most common exercises. These tutorials include detailed explanations, as well as modifications for all levels. Refer to these videos as often as you'd like when you need a refresher or a little more guidance.

CLICK ON EACH PHOTO BELOW TO WATCH THE VIDEO

THE HUNDRED



THE ROLL UP



LEG CIRCLES

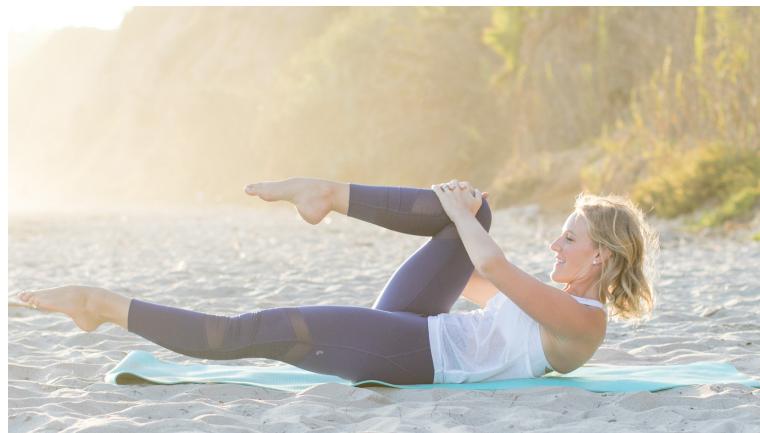


Foundational Pilates Exercises

ROLLING LIKE A BALL



SINGLE LEG STRETCH



DOUBLE LEG STRETCH



Foundational Pilates Exercises

SHOULDER BRIDGE



SIDE KICK



TEASER



Foundational Pilates Exercises

SWIMMING



ROLL OVER



BOOMERANG



Pilates Terminology

Neutral Spine: maintaining the natural position of the spine, including the gentle curve in the lower back and neck.

Flat Back/Imprint: flattening your lower back into the mat and removing the natural curve. Imagining that you make an imprint of your lower back into the mat.

Sitz Bones: The two bony bones on the back of your pelvis that you sit on when sitting in a chair.

Powerhouse: A Pilates term for the core. This includes abdominals, pelvic region, back and buttocks.

Flexion: Bending a limb forward with the use of muscle (ie: bending forward)

Extension: Straightening or extending a limb while using muscle (ie: straightening a leg and/or reaching it behind you)

Lumbar Spine: The part of the spine comprised of five vertebral bodies (L1-L5) that extend from the lower thoracic spine (mid-back) to the sacrum (bottom of the spine). The vertebral bodies are stacked on top of each other with a disc in between each one. (aka: the lower back)

C-Curve: The act of curving the spine in the shape of a "c" while also lengthening. The C-Curve position strengthens the abdominals while lengthening the muscles of the back.

Pilates Terminology

Transverse Abdominis: The TA (also known as TVA) is a deep layer of muscle that wraps around the front and side of the abdomen. This muscle provides a tremendous amount of strength, stability and control and is what we are connecting to in almost every exercises within the Pilates repertoire.

Pelvic Floor: A layer of muscles that support the pelvic organs and span the bottom of the pelvis. An essential part of the "core" or "powerhouse."

Scapula: The anatomical name for shoulder blades

Hip Flexors: Several muscles that bring the legs and trunk together in a flexion movement. They allow you to move your leg or knee up towards your torso and allow you to bend your torso forward at the hip. The hip flexor that we address most often in Pilates is the iliopsoas which runs from the lumbar spine (lower back) to the femur (thigh bone).

Tabletop Position: A Pilates position of the legs and spine. To achieve this position, lie on your back with both knees bent at a 90 degree angle. Your shins should be parallel to the floor mimicking a flat tabletop.

Tuck: A pelvic position that includes flattening your lower back into the mat and tipping your pubic bone up toward the ceiling.



Now that you've read through your Pilates Body Starter Kit you are more than ready to dive in to your Pilates journey and start reaping the benefits of the method.

By following the guidance provided in this kit, you'll avoid common mistakes and accelerate your results.

I am so honored that you are allowing me to guide you on your journey and can't WAIT to hear how you feel over the next few weeks and months.

While Pilates is known for quick results when done properly, remember that it is also a process. You will continue to learn more and more about your body. Exercises will not necessarily get easier because as you progress you will be able to work deeper and challenge yourself in new ways.

That's the beauty of Pilates, it never gets old, there is always something new to learn, and the more you do it, the more you love it.

See you on your mat soon!

xo,
Robin



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