

3x PER WEEK.

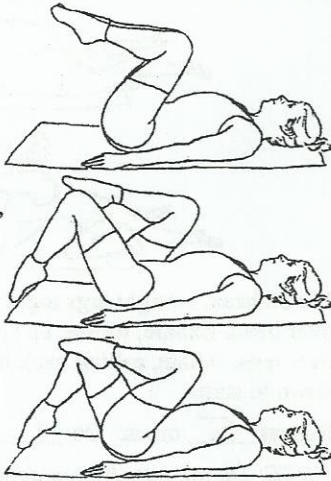
Routine For: pilates essentials
Created By: SUZ sweeney

BEGINNERS & BACK CARE

pilates essentials workout

BEGINNER - 6 Toe Touch

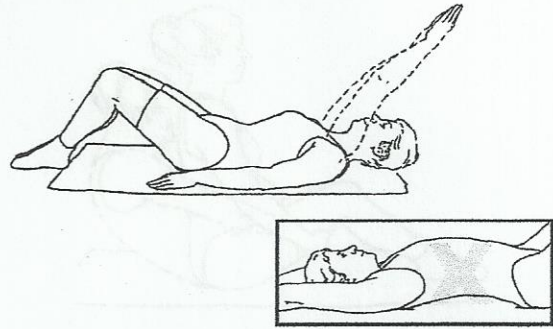
Lie on back, legs folded to chest, arms by sides. Exhale, lowering leg to just touch toes to mat. Inhale, returning knee to chest. Keep abdominals flat, navel to spine.



Repeat 8 times, alternating legs. Do 1 sessions per day.

BEGINNER - 4 Rib Cage Arms

IMPRINT RIBS

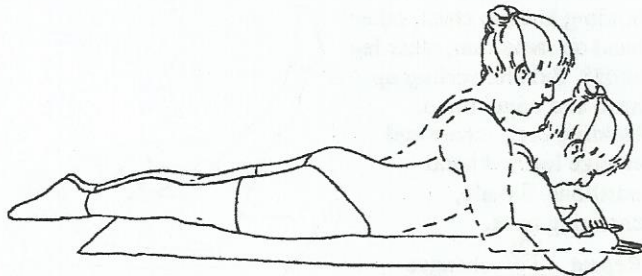


Lie on back, legs bent, arms by sides. Inhale, lifting arms over head. Exhale, returning. **KEEP BACK FLAT.**

Repeat 5 times. Do 1 sessions per day.

NOTE: Avoid lifting rib cage and abdomen.

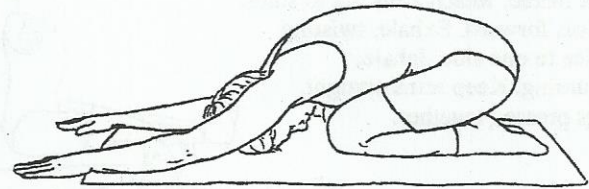
BEGINNER - 22 Swan Prep



Lie on stomach, chin on hands. Inhale, raising upper torso with back extensors, hips flat. Pivot on hands to bring forearms parallel. Exhale, slowly lowering torso and pivoting arms open. Keep shoulders down and neck in line with spine.

Repeat 8 times. Do 1 sessions per day.

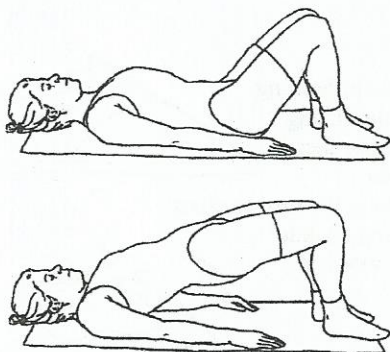
BEGINNER - 23 Shell



Prone, push torso back, folding over legs. Push hips toward heels, allowing head and arms to settle toward mat. Relax, breathing deeply into back for 5 full breaths.

Repeat 1 times. Do _____ sessions per day.

BEGINNER - 28 Bridge

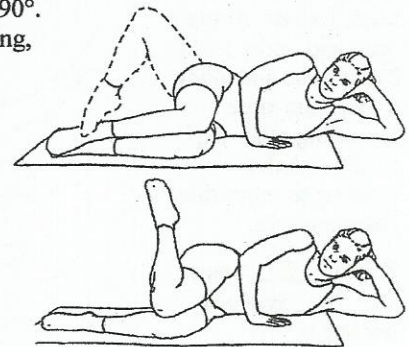


Lie back, legs bent. Inhale, pressing hips up. Keeping ribs in, lengthen lower back. Exhale, rolling down along spine from top.

Repeat 8 times. Do 1 sessions per day.

BEGINNER - 35 Clam

Lie on side, legs bent 90°. Open top knee to ceiling, rotating leg outward. Touch toes to ankle of bottom leg. Close knees, rotating leg inward. Maintain hip position.



Repeat 8 times. Repeat on other side.

Do 1 sessions per day.

Compliments of Suzanne

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