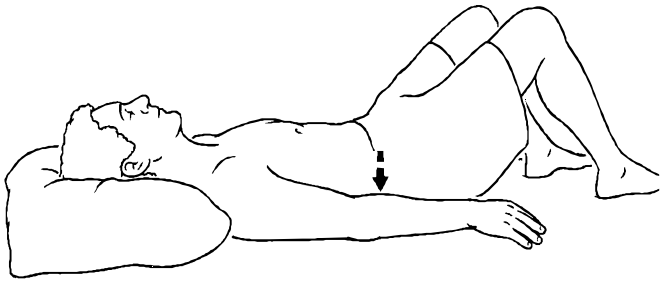


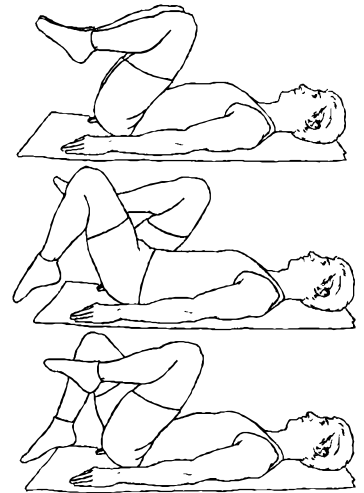
TRUNK STABILITY - 4 Breathing in Neutral Spine



Lye on back with knees bent. As you exhale, pull abdominals in towards spine. Hold 2-5 seconds.
Repeat 10 times per set.

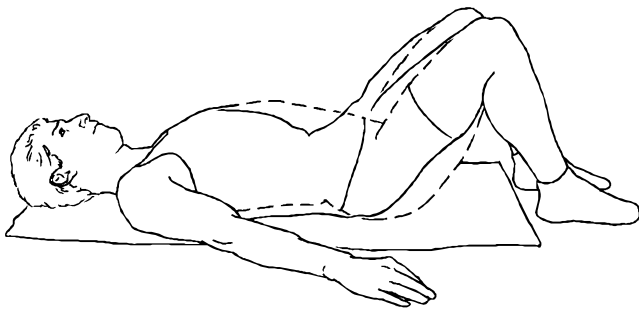
BEGINNER - 6 Tiny Steps

Lie on back, legs in tabletop position, arms by sides. Exhale, lowering leg to just touch toes to mat. Inhale, returning knee to chest. Keep abdominals tight by pulling low belly towards spine.



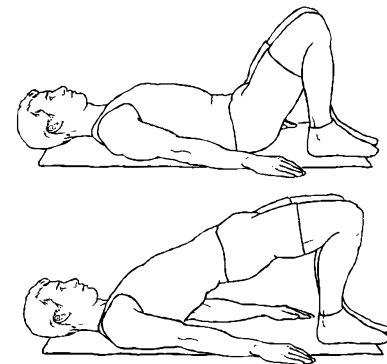
Repeat 8 times, alternating legs.

BEGINNER - 3 Coccyx Curl



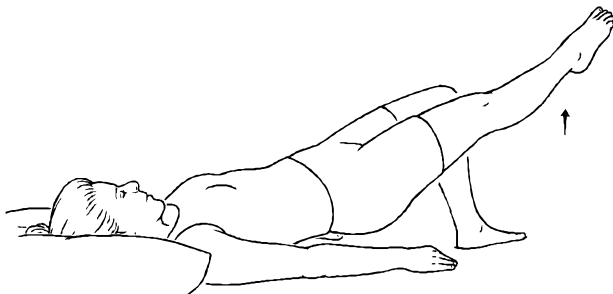
Lie on back, legs bent. Exhale, pull stomach in, tighten abs and squeeze bottom. Inhale, rolling back down through the spine.
Repeat 6 times.

BEGINNER - 28 Bridge



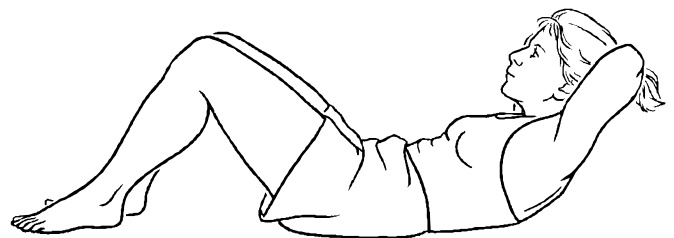
Lie back, legs bent. Exhale, pull low belly in and roll up through spine. Keep ribs in. Exhale, rolling down along spine from top.
Repeat 8 times.

Single Leg Bridge



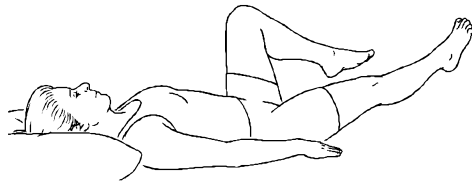
Lift buttocks as in regular bridge exercise. Keep rib cage tight and do not arch your back. Lift one leg while holding the brdge then switch legs. Exhale as you go up, inhale as you come back down. Remember to articulate through the spine the whole way.
Repeat 6 times on each leg.

Pilates custom: Curl-Up: Phase 3



Clasp hands behind your neck for support. Exhale and roll up to the upper ab position, inhale and roll back down. Keep lower abdominals relaxed and pelvis neutral.
Repeat 8 times.

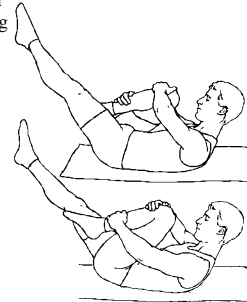
SINGLE LEG STRETCH- Modified



With legs in table top position, extend one leg out at a time. Make sure that belly is pulling in towards spine, and that your torso remains still throughout the exercise. Repeat 6 times (or as tolerated).

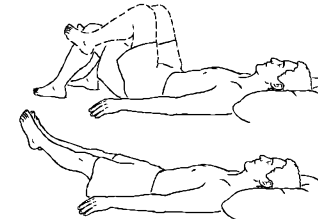
BEGINNER - 10 Single Leg Stretch

Lie on back, opposite hand holding knee to chest, other hand on same shin, other leg at 45°. Exhale, curling up head and upper torso. Holding curl, inhale and change leg and hand positions. Exhale, changing back.



Repeat 6 changes with single breaths.
 Repeat 6 changes in double time: 2 per inhale, 2 per exhale.
 Pull belly in towards spine with each exhale.

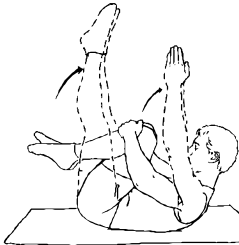
Double leg stretch- Modified



Start by bringing legs to table top position. Keep stomach tight and back FLAT throughout this exercise. Extend legs at approximately a 45 degree angle as you exhale, return to the start position as you inhale. Repeat about 6 times.

INTERMEDIATE - 7 Double Leg Stretch

Lie on back, hands holding knees to chest. Exhale, curling up head and upper torso to knees. Hold curl, inhale and extend arms and legs toward ceiling. Exhale, bringing legs and arms back in.

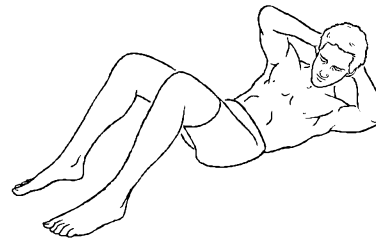


Repeat 6 times with single breaths.

NOTE: Keep navel to spine as legs extend out, back flat. Progress to extending arms and legs to 45°.



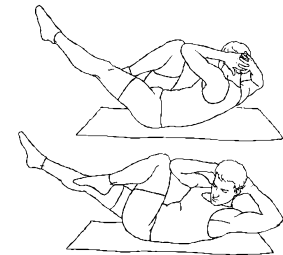
Criss Cross- Modified



Hands clasp behind head to support neck. Bring head up into upper abdominal curl. Rotate to the right and then to the left. Repeat about 6 times, then turn to the center and roll back down. You can also do this on the roller to increase the difficulty.

INTERMEDIATE - 11 Crisscross

Lie on back, legs bent to chest, hands behind head. Exhale, lifting head and upper torso. Twist torso and arm pit to opposite knee, extending other leg to 45°. Inhale, twisting to other side, changing legs.

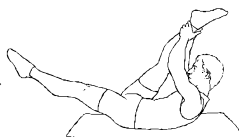


Repeat 6 times.

NOTE: Try to keep shoulder blades off the mat.

INTERMEDIATE - 8 Scissor (Intermediate / Advanced)

Lie on back, legs straight up. Round up torso, reach up and hold ankle. Lower other leg to 45°. Exhale, pulling gently on leg twice. Inhale, switching legs.

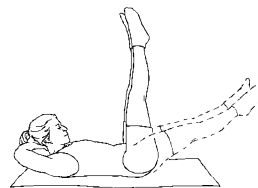


Repeat 6-8 times, alternating legs.



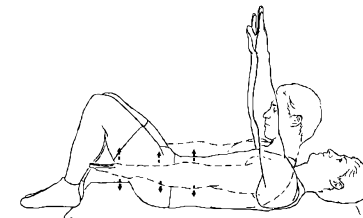
NOTE: Keep pulling navel to spinethrough out.

INTERMEDIATE - 10 Lower Lift (Intermediate / Advanced)



Lie on back, legs straight up, slightly turned out, heels touching. Hands behind head, lift head and upper torso. Exhale, lowering legs only as far as you can without your back arching. Inhale, returning. Keep low back flat at all times. Repeat 6-8 times.

BEGINNER - 1 The Hundred



Lie on back, legs bent, arms toward ceiling. Exhale, pressing arms down to sides, curling up head and upper torso. Hold. Pump arms in small flutters up and down. 5 pumps per inhale, 5 pumps per exhale. Repeat 1 times. Do 1-2 sessions per day.