



The best Pilates exercises to do at home

This fact sheet features exercises to do at home throughout the week to maintain flexibility between the weekly class/courses and help improve all of these areas and your understanding of what the class covers. I'd recommend doing the stretching and mobility exercises twice a day (morning and evening) and the strength exercises once a day. Remember – keep the movements slow and flowing.

1. Roll Down (Mobility – Back)



One of the best exercises for reducing tension and increasing mobility in the full range of your spine. Standing tall, hands on the front of the thighs, begin by exhaling and bringing the chin down to the chest and then unstacking each vertebrae in your back one at a time. Bring your hands slowly down the thighs, until you can lightly brush the floor with your fingertips (or as far as you can), breathe in to gently stretch – then exhale to begin reversing the process back upwards and stacking the vertebrae back up one at a time until you're standing completely back up straight again. 10 repetitions total.

2. Ab Curl



A great exercise for practicing the breathing techniques associated with Pilates, as well as strength and toning through the tummy. Begin lying on the floor on your back, with your knees bent and feet on the floor, feet and knees at hip width apart. Arms should be down by your side. Remembering the visualisation of the traffic light on the ceiling, breathe in as you tilt the chin, curl up under control from your abdominals and hover the arms off of the floor. Look towards the kneecaps, hold as you breathe in, and then exhale as you lower one vertebra at a time back to the floor. Be sure to keep your shoulders and neck relaxed. It is the abdominal muscles that should be doing all the work. Complete 10 – 15 repetitions.

3. Saw (Flexibility Stretch – Hamstrings, Lower Back)



Usually one of the exercises done towards the end of the class as it is really good for increasing flexibility in your hamstrings and lower back. Begin sitting on the floor – keeping your back tall and straight, legs in front of you at 45°. Place the hands on the floor to your sides, then take one arm overhead as you exhale and reach down to the opposite foot. When you reach either your toes or as far as you can stretch – hold for 2 deep breaths before slowly edging back over to the starting position. Repeat for the other side. 3 repetitions on each side in total.

What next?

After completing the Beginners Pilates Course, you may be wondering how to progress your Pilates knowledge and technique. Our Pilates Courses run with term times, Beginners is at 7:15pm, with Improvers starting at 8:15pm, both on a Tuesday evening. The Improvers course runs on the same difficulty level as Beginners, but gradually incorporates optional levels that increase challenge and also incorporates small equipment. If you have any questions or queries, please don't hesitate to ask. Bookings can be made at reception, or online at <http://www.valleyleisure.co.uk/our-centres/rapids>

Did you know Valley Leisure also offers Personal Training?



Adam is a licensed Personal Trainer at The Romsey Rapids and Knightwood Leisure Centres. Members and non-members are welcome to book a free consultation to discuss their goals. If you are interested in having a personalised workout and/or supervised workout sessions in the centre or at home to improve your fitness, posture, core strength, balance, co-ordination, strength, flexibility, or to rehabilitate an injury, then please feel free to contact Adam at ad@mwalders.com or 07544 791870

Thank you for participating in our course, we hope you have enjoyed it and look forward to seeing you again soon!