

# 6 SIMPLE AT HOME PILATES EXERCISES



1. WARM-UP:  
PILATES  
BREATHING



2. PILATES  
BRIDGE



4. PLANK



3. CAT-COW



5. THE  
HUNDRED



6. THE SAW

# Pilates At Home

**Mark Steyvers**



## **Pilates At Home:**

**At Home and Abroad: a Series of Essays** John Pendleton Kennedy, 1872      [Pilates: Full-Body Workouts for a Stronger, Sexier You](#) Jasmine Evans, 2012-07-30 ABOUT THE BOOK Pilates is a kind of exercise that works both the mind and the body It improves strength without necessarily building bulk It also targets the core midsection and other muscles that often get neglected by other activities My introduction to Pilates happened at an early age For most of my life I was considered tall for my age with long legs and big feet My parents thought it would be a good idea to enroll their lanky toddler in ballet classes I continued those classes and other dance classes for over 14 years In high school I was a lean 5 8 ballet dancer and basketball player I still had big feet but they were complemented by long legs long arms and a long neck What did I have to complain about My midsection I was relatively slim but I had a pudgy middle In high school where appearances are everything I wanted to do something about it Fortunately around this time my dance instructor introduced the class to the Pilates method She said that Pilates is based off of the ballet moves many of us had been doing for most of our lives She promised that the method would flatten our midsections and make us feel taller My dance instructor made good on her promise After just 15 20 minutes of Pilates before we started dancing I felt taller Over time I felt slimmer I was hooked I ve been doing Pilates ever since and I love it I ve taken classes and I ve done several Pilates DVDs Of all the activities I participate in everything from running to basketball to kickboxing to Zumba Pilates is one that I always come back to because it is really so effective and important EXCERPT FROM THE BOOK Pull the part of your stomach area that is below your belly button upwards and inwards as if you are pulling it away from your belt line Keep your rib cage relaxed and breathe normally You should be able to feel the muscle contracting in your lower abdomen Another essential skill is being able to activate your pelvic floor Your pelvic floor muscles are at the base of your abdomen They control your bladder and bowel functions They also stabilize not only the pelvis but also the lower back If you have lower back pain are pregnant or experience incontinence learning how to control these pelvic floor muscles can really help How do you activate your pelvic floor Start in neutral spine position Contract the muscles you would use to urinate Breathe as you normally would Once you can handle activating your TA and your pelvic muscles separately try activating them together Ready for some advanced Pilates moves Great Here are six of the most common moves for experienced Pilates pupils Because sometimes it s easier to see the moves being done rather than reading about them many of the links in this section are to videos Advanced Pilates Exercises The Crab The Crab requires complete control from your core so it will give you a great ab workout It builds on exercises like the Roll Up but is slightly more advanced Start by sitting up straight Bend your knees almost Indian style and cross your feet at the ankles Bring your knees up to your shoulders and grab your feet with your hands Drop your head and allow your spine to curve as you prepare to roll Breathe in and roll back Control the movement Try not to let your limbs flail around Once you roll to your shoulders let go of your feet and switch your feet around Grab your feet again as you prepare to

roll up Breathe out and roll forward Inhale as your head touches the mat Roll back to repeat the move Double Leg Kick This move works the back extensors and the hamstrings primarily but it can be a total body exercise as well Start by lying face down with your head turned to one side and your feet together *Pilates Perfect* Dianne Daniels, Peter Field Peck, 2003 Percy is incredibly accident prone and holds the dubious record of the most accidents Percy has had a small rivalry with Harold however they are always willing to help each other when in trouble *The Bathroom Key* Kathryn Kassai, Kim Perelli, 2011-12-20 Print CourseSmart *Pilates System Marmaxx* Octopus Publishing Group, Trevor Blount, Eleanor McKenzie, 2001-09 Exercises to do at home inspired by the Joseph Pilates method *LOSE FAT GET FIT*, 2026-02-03 Lose stubborn fat boost your energy and transform your body naturally without expensive gyms or extreme diets Lose Fat Get Fit is a practical step by step fitness guide designed for beginners who want real results at home This book combines simple home workouts fat burning exercises smart eating habits and easy daily routines to help you reduce belly fat increase strength and stay consistent Inside you ll discover easy workout plans metabolism boosting techniques beginner friendly exercises and a clear system you can follow even with a busy schedule No complicated programs No fancy equipment Just proven methods that work Whether your goal is weight loss toning or building a healthier lifestyle this guide helps you start today and see visible changes within weeks Perfect for students working professionals and anyone ready to take control of their fitness journey **Safe Movement for All Spines** Gwen Miller, 2023-05-09 A comprehensive resource for yoga teachers pilates instructors and movement therapists exercises ergonomic adjustments and daily living activities for back pain scoliosis disc disease and 18 other spinal conditions Safe Movement for All Spines is an essential guide for all movement therapists and teachers With ready made exercises and easy adaptations yoga instructors pilates teachers and fitness instructors will learn How to distinguish among different common spinal pathologies and mechanical dysfunctions plus appropriate interventions and adjustments for each All about osteoporosis spinal stenosis hypermobility syndromes and more Guidelines for appropriate movement and injury prevention How to work safely and effectively with both pre and post surgical clients Targeted programs for specific back pain issues Accessible and easy to understand the lessons and practices from Safe Movement for All Spines are appropriate to share with clients practicing at home or in the studio Each condition is clearly explained with detailed illustrations and real life examples making for an empowering and educating experience An invaluable resource Safe Movement for All Spines is an up to date must have for every yoga or pilates teacher s reference library *Feeling Fabulous* Ruth Langsford, 2026-02-26 Up and down the country people love Ruth Langsford s zest for life and ability to find the humour in any situation Every day through her work at Loose Women she meets people who have been through the most astonishing highs and lows Her warm and open interviewing style has made her one of the UK s favourite broadcasters Now in her first ever book she s opening up about her own ups and downs like never before From her rebellious school days to starting out in telly Strictly Come Dancing and her close bond with her family she s sharing the experiences

that have shaped her and the lessons that she's learned along the way Throughout everything Ruth has retained her trademark humour and sense of fun and now she wants to share how she's found her way back to feeling fabulous no matter what

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