


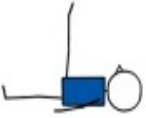













Joseph Pilates: 34 Classic Mat Exercises



Time	Image	Pose	Description
		Hundred	<p>Lie on your back. Arms by sides with palms on the mat. Bend knees towards the chest. Curl up head, neck and shoulders. Hover arms up to the height of the abdominal wall. Extend legs long to 45 degrees. Heels together and toes apart (pilates stance). Vigorously pump arms up and down. Inhale through the mouth for 5 counts and exhale through the mouth for 5 counts (one set). Bring head and feet down to the mat. Repeat.</p> <p>Benefits: Increase core strength.</p> <p>Video: https://www.youtube.com/embed/UaqpUzs1i8</p> <p>Modifications: A) Keep your head and feet on the mat. B) Keep your head and feet on the mat. Raise one leg at a time. C) Keep your legs in the Tabletop position. D) Lift the legs up, creating a 90-degree angle in your knee and hips.</p> <p>Precautions : Shoulder tightness.</p>
		Roll Up	<p>Lie flat on the back with legs together. Reach arms overhead shoulder-width apart. Palms facing forward. Inhale, reach overhead and curl head and shoulders off the mat. Exhale, peel spine off the mat, rounding forward and bringing the crown of the head towards knees. Keep arms parallel to the mat. Abdominals draw into the spine. Inhale, roll back down to start.</p> <p>Benefits: Strengthen abdominals. Increase spinal mobility.</p> <p>Video: https://www.youtube.com/embed/D9a_qJp2rH0</p> <p>Precautions : Neck and shoulder tightness.</p>
		Roll Over	<p>Lie on the back with legs together. Arms by side. Draw abs towards the mat. Inhale, lift legs to 90 degrees. Exhale, reach legs up and over (C curve in the spine). Slowly lower the legs one vertebra at a time to the mat.</p> <p>Benefits: Strengthen abs. Increase spinal mobility.</p> <p>Video: https://www.youtube.com/embed/Y5YdoRMCKM</p> <p>Precautions : Shoulder and back pain.</p>



Time	Image	Pose	Description
		One Leg Circles	<p>Lay flat on back with arms by side. One leg straight on the mat with foot flexed and the other leg up towards the ceiling. Circle top leg across the body, down, and around while keeping pelvis stable for 5 circles. Reverse circle in the other direction, circling leg away from the body, down, and around. Repeat on the other leg.</p> <p>Benefits: Pelvic stabilisation. Mobilisation of the hip joint. Strengthens quads and hip flexors. Engages the core.</p> <p>Video: https://www.youtube.com/embed/RZqtVL6K8DM</p> <p>Precautions : Lower back.</p>
		Rolling Back	<p>Sit with knees bent. Feet flat on the floor. Hands hold the front of knees (one hand on each knee). Bring forehead towards knees. You now look like a ball. Stay a ball as you roll back to the tips of the shoulder blades. Return to the start by engaging abdominals as the brake to the rolling. Balance in the start position. Repeat.</p> <p>Benefits: massages the spine - might help with spinal mobility.</p> <p>Video: https://www.youtube.com/embed/EfVURwxctv8</p> <p>Precautions : Neck or spine injury.</p>
		One Leg Stretch	<p>Lie on your back. Curl head and shoulders off the mat. Bend both knees into the chest. Extend one leg straight as you place both hands on the opposite shin. Outside hand places near the ankle. Inside hand places near the knee. Switch legs, extending the opposite leg straight and pulling the opposite knee into your hands. Continue switching the legs.</p> <p>Benefits: Strengthen the core and abdominals.</p> <p>Video: https://www.youtube.com/embed/dJWsTv3lhOo</p> <p>Modifications: A) Circling the knee. B) Forehead to the knee.</p> <p>Precautions : Back injury.</p>



Time	Image	Pose	Description
		Double Leg Stretch	<p>Lie on your back. Stretch legs away from you. Keep legs squeezed together and toes pointed. Pull legs back into Tabletop Position. Repeat. Lower head and legs to mat.</p> <p>Alternatives: Teaser. Roll Over.</p> <p>Benefits: Strengthen core and abs.</p> <p>Video: https://www.youtube.com/embed/N-jZas9tMSU</p> <p>Precautions : Neck and spine injuries.</p>
		Spine Stretch	<p>Sit tall. Straighten legs. Flex feet. Reach arms forward parallel to the mat. Palms face down. Exhale, roll forward through spine. Draw abs in. Keep arms parallel to the mat. Inhale, roll up stacking spine to return to start.</p> <p>Benefits: Spinal articulation. Hamstring stretch</p> <p>Video: https://www.youtube.com/embed/XZGuNaEV-nM</p> <p>Modifications: A) Bend your knees. B) Place a folded blanket (or Yoga bolster) under your knees. C) Sit on a folded blanket or a Yoga block. D) Sit cross-legged.</p> <p>Precautions : Back injury.</p>
		Rocker With Open Legs	<p>Balance on sit bones. Knees bent. Grasp hands around ankles. Straighten one leg then the other into a V (legs are shoulder-width apart or wider). Tip pubic bone towards the nose to initiate rock back to shoulder blades and rock back to start position.</p> <p>Benefits: Massages the spine. Strengthens abdominal muscles. May help improve posture and balance.</p> <p>Video: https://www.youtube.com/embed/ZbtEw_pcPp4</p> <p>Precautions : Back injury.</p>




Time	Image	Pose	Description
		Corkscrew	<p>Lie on your back. Press arms into the mat. Legs together. Lift legs straight to the ceiling. Roll over bringing legs parallel to the floor, with hips and feet level. Inhale, shift both legs to the right. Roll down through right side of back. Exhale, circle legs around and roll over through left side of back, returning legs to start. Reverse.</p> <p>Benefits: Strengthen abs and shoulders. Pelvis stabilisation.</p> <p>Video: https://www.youtube.com/embed/yssUvNuQowE</p> <p>Precautions : Back injury.</p>
		Saw	<p>Lie on your back. Legs together. Arms overhead. Palms face forward. Inhale, reach arms overhead and curl head and shoulders off the mat. Exhale, peel spine off mat, rounding forward and bringing the crown of the head towards knees. Keep arms parallel to the mat. Abs draw into the spine. Inhale, roll down to start position.</p> <p>Benefits: Increases spinal articulation and rotation. Hamstring stretch.</p> <p>Video: https://www.youtube.com/embed/Sb0SG1cXgEY</p> <p>Precautions : Back injury.</p>
		Swan Dive	<p>Lie on stomach with legs together. Hands by head. Lift abs away from floor while sending tailbone to the floor. Press through hands into Swan, maintaining a long spine and lengthened neck. Release arms to side as body rocks forward. Maintaining the arc position of the body, the legs will lift up. Rock back onto thighs, lifting chest, and maintaining extension and arc position of body. Repeat.</p> <p>Benefits: Strengthen back and hip extensors.</p> <p>Video: https://www.youtube.com/embed/mjZZ22GLcDc</p> <p>Modifications: Cobra and leg raises.</p>


Time	Image	Pose	Description
		One Leg Kick	<p>Lie on stomach with legs straight and together. Prop yourself onto forearms, bringing elbows underneath shoulders. Kick one heel into your seat two times, reach the leg straight, and place it on the mat. Switch legs.</p> <p>Benefits: Back extensors, hamstrings, glutes.</p> <p>Video: https://www.youtube.com/embed/X79gMUknrVs</p> <p>Precautions : Lower back injury.</p>
		Double Leg Kick	<p>Lie on stomach. Turn head to place one cheek on mat. Place hands clasped and high up on back, with elbows dropping towards the mat. Kick both heels to the seat 3 times. Extend both legs straight as hands reach to feet while finding a back extension. Lower torso down and turn head to place opposite cheek on mat. Repeat.</p> <p>Benefits: Upper front line stretch. Works back and hip extensors, hamstrings and glutes.</p> <p>Video: https://www.youtube.com/embed/4uNmkmzfV4c</p> <p>Modifications: A) Kick with an alternate kick pattern. B) Develop the kick in three levels: low, medium, and high. C) Instead of kicks, squeeze your heels. D) Rest your arms under your head, keeping them on the mat throughout. E) Lift your legs off the floor during the extension.</p> <p>Precautions : Neck and spine injuries.</p>
		Neck Pull	<p>Lie on back. Glue spine to mat. Place both hands at base of neck. Inhale, lift head and shoulders. Exhale, roll off mat bringing crown of head to knees. Inhale, stack spine up to seated. Exhale, tuck chin to chest, tuck tailbone, round spine down to mat.</p> <p>Benefits: Strengthen abs and hip flexors.</p> <p>Video: https://www.youtube.com/embed/QlyHs841Ezg</p> <p>Modifications: A) Roll up with your knees bent, feet on the mat, and hands assisting behind the thighs. B) Add in a lean back when you've rolled up into the seated position.</p> <p>Precautions : Neck and shoulder injury.</p>

Time	Image	Pose	Description
		Scissors	<p>Lie on back. Bend both knees in, and roll through spine, reaching both legs straight and parallel to the floor, and bend knees towards chest. Place hands high on back. Reach both legs to ceiling. Lower one straight leg to mat as you draw opposite straight leg towards your chest. Pulse the top leg towards you two times. Switch legs.</p> <p>Benefits: Scapular stability and hip flexibility.</p> <p>Video: https://www.youtube.com/embed/CO9_19vCf4</p> <p>Modifications: A) Folded towel under your hips and lower back. B) Bolster under your hips and lower back. C) Place hands behind your thigh. D) Keep your hands supporting your head. E) Lower the leg halfway down. F) Keep your head on the mat.</p> <p>Precautions : Low back pain. Tight hip flexors. Neck injury. Pregnancy.</p>
		Bicycle	<p>Lie on your back. Arms at the side. Straighten legs to the ceiling. Peel spine off the floor one vertebrae at a time. Hands at top of the pelvis (fingers point towards knees). Split legs with knees straight and toes pointed (legs like scissors). Bend front knee towards the face. Exhale and pedal front foot away from the face. Straighten the knee as you bring your back leg towards the face. Switch directions. To release bring both legs together and roll to start position.</p> <p>Benefits: Increases hip mobility. Core control.</p> <p>Video: https://www.youtube.com/embed/snkWegOrsI8</p> <p>Modifications: Use foam roller to prop pelvis off ground.</p> <p>Precautions : Osteoporosis. Glaucoma. Neck or shoulder injuries.</p>



Time	Image	Pose	Description
		Shoulder Bridge	<p>Lie on back with knees bent. Feet hip distance apart. Peel tailbone and spine off the mat. Extend right leg to ceiling with foot pointed. Lower right leg towards the ground, flex foot and bring leg back to the ceiling. Repeat. Place right foot down onto mat. Repeat with left leg. To finish, roll spine and tailbone down to the mat.</p> <p>Benefits: Strengthen hamstrings and glutes.</p> <p>Video: https://www.youtube.com/embed/QFv_Fex3Mko</p> <p>Modifications: A) Place a small ball under your pelvis. B) Standard Bridge (no leg raising). C) Raise your leg only halfway (bent leg). D) Bridge (with arm raises). E) Bridge on a block. F) Bridge spine curls. G) Bridge with legs up a wall.</p> <p>Precautions : Neck and shoulder pain.</p>
		Spine Twist	<p>Sit with legs together in front of body. Feet flexed. Raise arms to the side at shoulder height. Sit tall. Inhale, reach crown of head to ceiling. Exhale, twist torso to right, growing taller on the twist and pulsing twice. Inhale, return torso to centre. Exhale, twist torso to left, pulsing twice. Inhale, return to centre. Repeat.</p> <p>Benefits: Strengthen obliques and back extensors.</p> <p>Video: https://www.youtube.com/embed/PPFkp7Aa3Rg</p> <p>Modifications: A) Place a small pillow or folded towel under your hips. B) Fold the arms over your chest at the heart centre. C) Rest the hands lightly on your shoulders.</p> <p>Precautions : Neck or shoulder injury.</p>

Time	Image	Pose	Description
		Jack Knife	<p>Lie on back. Arms by sides. Palms down. Press backs of arms into mat. Legs together. Extend both legs to ceiling. Draw abs in. Roll over through spine to take both legs almost parallel to floor. While maintaining lift of pelvis and tailbone to ceiling, reach both legs straight to ceiling. Keeping feet over hips, articulate through spine to roll down to the mat, returning legs to start position. Repeat.</p> <p>Benefits: Strengthens abs, back, arms, legs and shoulders.</p> <p>Video: https://www.youtube.com/embed/vWK2oJI90VA</p> <p>Modifications: A) Use your hands to help lift your hips up as you begin the Jack Knife exercise. B) Raise the legs 45 degrees from the Roll Over position (instead of 90). C) Take the feet to the mat behind your head, then lift the legs up to the perpendicular.</p> <p>Precautions : Neck or shoulder injury.</p>
		Side Kick	<p>Lie on right side in a straight line from shoulders to ankles. Prop head on right hand. Place left palm flat on the mat in front of your chest. Move both legs in front of hips on a slight diagonal. Lift top leg off bottom leg, and kick it forward twice. Lengthen leg as you sweep it to kick back. Perform 5 reps. Repeat on other side.</p> <p>Benefits: Strengthen glutes, hip flexors, core and stabilisers.</p> <p>Video: https://www.youtube.com/embed/v1w7IqFTNuo</p> <p>Precautions : Neck or shoulder injury.</p>

Time	Image	Pose	Description
		Teaser	<p>Lie on your back. Elevate legs so thighs are perpendicular to the body and knees are bent and parallel with the body. Extend arms behind you. Inhale, lift arms towards legs, while lifting head for max reach; at the same time, straighten legs in the air. Exhale, make the body a V shape. Inhale, return to start by rolling the body back.</p> <p>Benefits: Abdominal and hip flexor strength. Trunk stabilization.</p> <p>Video: https://www.youtube.com/embed/UJ5gZQSqlXo</p> <p>Modifications: A) One Leg Teaser. B) Use a wedge under your lower back. C) Try with bent knees. D) Roll-Ups. E) Place your hands on the floor behind you. F) Double Leg Lifts.</p> <p>Precautions : Spine injury.</p>
		Hip Twist	<p>Sit tall with legs straight and together. Place hands on floor behind you. Point fingers away from body. Lift both legs off mat to Teaser position. Circle both legs right, down, around, and back to start. Reverse circle in other direction.</p> <p>Benefits: Strengthen abs, obliques and promotes shoulder stability.</p> <p>Video: https://www.youtube.com/embed/YDM1g6f9aDA</p> <p>Modifications: Lift the opposite hip off the mat as the legs circle.</p> <p>Precautions : Shoulder tightness.</p>
		Swimming	<p>Lie flat on your belly with your arms stretched out in front. Legs outstretched behind. Squeeze inner thighs and heels together. Pull navel up off the mat. Raise the upper back and head off the mat slightly and simultaneously lift the right arm and left leg off the mat. Squeeze buttocks and press pubic bone down into the mat. Switch arms and legs and begin swimming, alternating arms and legs. Extend the body as much as possible.</p> <p>Benefits: Strengthens muscles on the back line.</p> <p>Video: https://www.youtube.com/embed/bY6ZyiO_7ek</p> <p>Modifications: A) Swimming On a pilates Arc. B) Swimming on a Wobble Board.</p> <p>Precautions : Neck injury.</p>

Time	Image	Pose	Description
		Leg Pull Front	<p>Start on knees. Place hands on floor in front of you. Keep arms straight and elbows unlocked. Engage abs. Lean forward to put weight on hands. Shoulders over wrists. Keep a lot of space between shoulders and ears. With abs lifted, extend legs back so that they are straight and together. Toes curled under. Ears, shoulders, hips and heels in one long line. Extend one leg up as far as you can without rotating hips. Return foot to mat and extend other leg.</p> <p>Benefits: Core strength builder. Shoulder stability</p> <p>Video: https://www.youtube.com/embed/fLYsUbi_f-A</p> <p>Modifications: A) Stay on your hands and knees and lift one leg up, no further than the hip, at a time. B) Raise the knees only slightly as you extend alternating legs. C) Work on your elbows with palms flat on the ground. D) Place your hands on a step.</p> <p>Precautions : Arm, neck or shoulder injury.</p>
		Leg Pull	<p>Sit with legs crossed. Bring hands behind back. Fingers point towards buttocks. Extend legs long and lift hips. All weight is supported by wrists. Lift right leg up and down. Lift left leg up and down. When lifting legs, engage inner thighs and lower abs.</p> <p>Benefits: Core strength builder.</p> <p>Video: https://www.youtube.com/embed/BTvniic_B9M</p> <p>Modifications: A) Add a balance disc (or a BOSU) under your feet for instability. B) Leg Pull Front (same exercise but facing the mat instead of the ceiling).</p> <p>Precautions : Neck and shoulder injury.</p>
		Side Kick Kneeling	<p>Kneel onto the right knee. Place your right hand on the mat underneath the right shoulder. Left knee in line with the left foot. Right hip directly over the right knee. Place left hand behind head. Kick left leg forward and back while keeping torso stable. After a number of repetitions, place the left knee onto the mat and repeat on the other side.</p> <p>Benefits: Strengthen the torso and glutes. Improve balance.</p> <p>Video: https://www.youtube.com/embed/hgLDMHCcw4k</p> <p>Precautions : Knee injury.</p>

Time	Image	Pose	Description
		Side Bend	<p>Sit sideways with legs bent to one side. Top foot in front of the bottom foot (or stacked one on the other). Place supporting hand in line with seated hip a few inches in front of shoulder. Press into supporting hand, straighten legs to lift pelvis away from mat, making rainbow shape with body.</p> <p>Benefits: Core strength. Shoulder stabilisation.</p> <p>Video: https://www.youtube.com/embed/zprsJDjeONM</p> <p>Precautions : Shoulder or neck tightness.</p>
		Boomerang	<p>Sit tall. Extend legs. Right ankle crossed over left. Palms by hips. Lift both legs. Rollover to a 90-degree angle. Open and close legs, switching cross of ankles. Backs of arms press into the mat for stability. Roll down through spine without dropping legs to balance in Teaser with the arms parallel to legs. Clasp hands behind tailbone and, while abs are drawn in and close to thighs, maintain Teaser position as you lower legs to mat. Circle arms overhead. Bring hands to ankles. Roll to sitting position.</p> <p>Benefits: Strengthen abs. Stabilise hips. Massage spine.</p> <p>Video: https://www.youtube.com/embed/SRonJI25raE</p> <p>Modifications: Do an oblique twist at the top of the Teaser portion (reach across your body to the left, then back to the centre, and then to the right).</p> <p>Precautions : Neck injury. Spine Injury. Osteoporosis. Glaucoma.</p>
		Seal	<p>Sit with hips close to feet, knees bent. Lace hands between legs. Hold on to outsides of ankles. Feet together. Knees shoulder distance apart. Make C-curve with spine. Gaze into abs. Balance with feet off mat. Clap feet together 3x. While in C-curve shape, inhale, roll back to balance on shoulder blades with hips over shoulders. Clap feet 3x. Exhale, roll through spine to return to start with feet off mat.</p> <p>Benefits: Trunk stabilisation. Spinal massage.</p> <p>Video: https://www.youtube.com/embed/JwB8i8rrZUY</p>

Time	Image	Pose	Description
		Crab	<p>Sit with legs crossed. Core engaged. Hold onto feet without losing upright posture. Tilt pelvis. Roll sit bones under with a posterior pelvic tilt. Roll back maintaining this shape and leg position. Go no further than tops of shoulders. Keep heels pressed towards backs of legs. Return to balance position without feet touching floor.</p> <p>Benefits: Spinal mobility. Strengthens core, rectus abdominus, obliques.</p> <p>Video: https://www.youtube.com/embed/1P1KobzASTk</p> <p>Modifications: A) Grasp the feet from underneath, and also on top of the feet. Alternate between both. B) Add a leg extension at the top of the rollback. C) Seal Pilates Exercise. D) Bicycle Pilates Exercise. E) Rolling Back Pilates Exercise. F) Roll Over Pilates Exercise.</p> <p>Precautions : Neck and spine injuries.</p>
		Rocking	<p>Lay on stomach. Arms by side. Head to one side. Bend knees. Hold onto both ankles. Press ankles into hands. Lift chest and knees away from mat by engaging backs of legs and back extensors. Maintain shape as you rock forward and back.</p> <p>Benefits: Strengthen back extensors, glutes, hams. Increase spinal mobility.</p> <p>Video: https://www.youtube.com/embed/KQWHWl7yV9g</p> <p>Modifications: Exaggerate the rocking motion to get a high lift of the legs as you rock forward, and a high, open chest as you rock back.</p> <p>Precautions : Shoulder, back or neck injury.</p>

Time	Image	Pose	Description
		Control Balance	<p>Lay on back with arms by side. Extend both legs to ceiling. Roll over and place balls of feet into mat. Circle arms around and place both hands on right foot. Extend left leg up. Without changing position of hips or torso, place ball of left foot onto mat and extend right leg to ceiling.</p> <p>Benefits: Core strength and balance. Improves hip flexibility.</p> <p>Video: https://www.youtube.com/embed/00_Tay-g3NY</p> <p>Modifications: A) No scissoring (Lower and lift one leg completely before starting with the other leg). B) Teaser. C) Roll Over. D) Scissors. E) Bicycle. F) Rolling Back. G) Roll Up.</p> <p>Precautions : Neck and spine injuries.</p>
		Push Up	<p>Stand with feet together. Roll down through spine and place hands on mat. Walk hands out until shoulders are over wrists and body is in plank position. Bend elbows towards ribs in a tricep push up. Repeat 5x. Lift pelvis. Walk hands back to feet. Roll up through spine to standing.</p> <p>Benefits: Strengthens triceps, chest, and upper back.</p> <p>Video: https://www.youtube.com/embed/Ny0qFffcemg</p> <p>Modifications: A) Bend your knees as you are rolling down from standing to get your hands to the mat. B) Do the push-up portion on your knees. C) Place your hands on a desk and do the Push-up at an elevated angle.</p> <p>Precautions : Injuries to your shoulder, wrist, elbow, or neck.</p>