

Pilates Hundreds

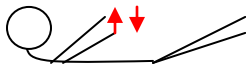
1.. Start lying flat on the ground with your knees bent, feet on the floor and your arms by your side with your palms facing down.



2. As you inhale pull your knees to your chest, lift your arms slightly off the floor and tuck your chin into your chest keeping your eyes focused on your toes



3. Exhale slowly while extend your legs in front of you making sure you tighten your bum muscles and keeping your lower back glued to the floor.



4. Inhale slowly raising and lowering both arms simultaneously. It is important to keep the movement small, keep your arms stretched out along your side and your shoulders relaxed. Count five up and down movements as you inhale and five as you exhale. Repeat this. Begin with only 20 movements gradually increasing them as you become stronger.

NOTE: Make sure you isolate your arm movements and avoid any leg or head bouncing!

WARNING: If you start to feel any tension in your back, you have lowered your legs too far down. Bend them back into your chest and extend them at a 90° angle to the floor. If your hamstrings are too tight keep your knees slightly bent.

CHALLENGE: The stronger you get, the lower you can hold your legs out till they just above the floor. Try increase arm movements of each breath so eventually you can count ten up and down arm movements as you inhale and ten as you exhale reaching a maximum of 100 movements.