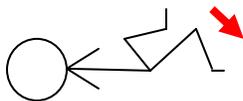
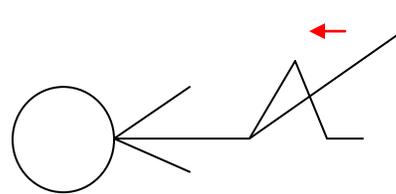
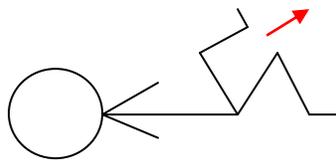


Pilates Beginners Exercises

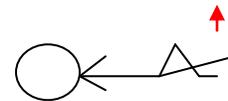
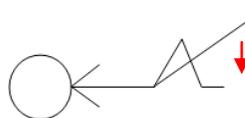
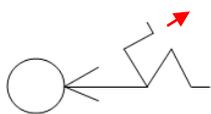
1. As you inhale raise your knee to your chest. Slowly exhale lowering your foot towards to floor keeping you knee bent, repeat several times alternating between left and right legs. Remember it's your core doing the work, not your leg!



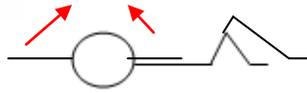
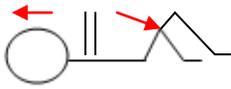
2. Inhale bringing your knee towards your chest. As you exhale straighten your leg to approximately 45°. Inhale bringing your knee back to your chest and exhale taking your foot to the ground. Repeat several times on alternate legs



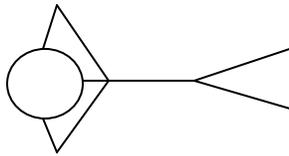
3. Inhale bending your knee to your chest, exhale straightening it to 45°. Inhale as you slowly lower your leg towards the floor making sure your back remains flat against the ground. Exhale and raise your straight leg back to 45° keeping your tail bone down. Inhale bringing your knee back to your chest and exhale taking your foot to the ground. Repeat several times on alternate legs



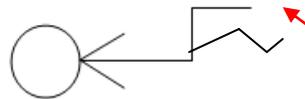
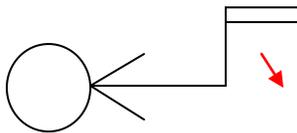
4. Inhale lifting both arms up to the ceiling, exhale scissoring your arms apart lowering one arm down to the floor next to your legs and the other above your head. Repeat several times on alternate arms.



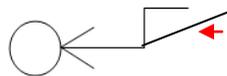
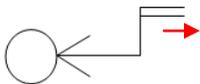
5. Lie on your stomach with your legs straight and your forehead resting on your hands. Inhale, as you exhale lift your upper body off the floor pulling your shoulders down your back. REMEMBER: Keep your core activated the whole time and only lift as far as you can without causing any pain!



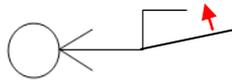
6. Assume same position as 1. Inhale lifting both legs simultaneously towards your chest keeping your back flat. Exhale taking one bent leg towards the floor without touching the floor. Inhale returning your knee to your chest. Repeat several times on alternating legs.



7. Inhale lifting both legs simultaneously towards your chest keeping your back flat. Exhale straightening one leg to 45°. Inhale returning your knee to your chest. Repeat several times on alternating legs.



8. Inhale lifting both legs simultaneously towards your chest keeping your back flat. Exhale straightening one leg to 45°. Inhale slowly lowering the straightened leg towards the floor as far as you can without lifting your lower back off the floor. As you exhale lift your leg back to 45° keeping your tailbone tucked under. Inhale returning your knee to your chest. Repeat several times on alternating legs.



9. Repeat 6 with your head off the floor and chin tucked into your chest.
10. Repeat 7 with your head off the floor and chin tucked into your chest.
11. Repeat 8 with your head off the floor and chin tucked into your chest.
12. Repeat 9 but move both legs simultaneously towards to floor and back
13. Repeat 10 but straighten both legs out simultaneously.
14. Repeat 11 lowering both legs simultaneously this time.