

MAT LAB

THE PILATES ABDOMINAL ROUTINE

Perform each exercise 8>16 repetitions to music

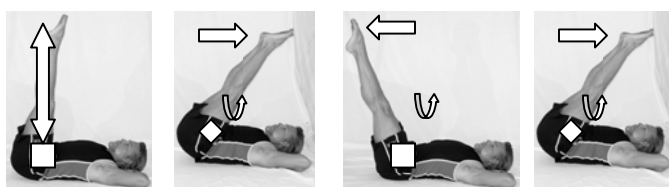


Coccyx Curls; Begin in neutral with bent knees, feet on the floor, hips locked with the legs, tuck your pelvis into a 12 o'clock to lift feet off the ground. Tilt the hips back to neutral to lower feet.

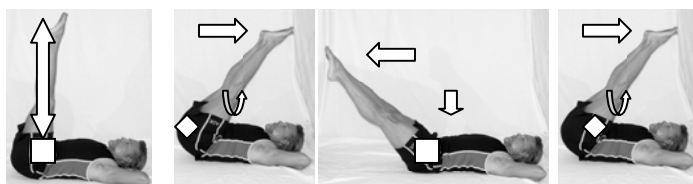


Knee Sways; begin in neutral, rock pelvis side to side with bent knees. Use the abs to pull the hips to center. Move between; 3>12>9>12 o'clock in a small range of motion.

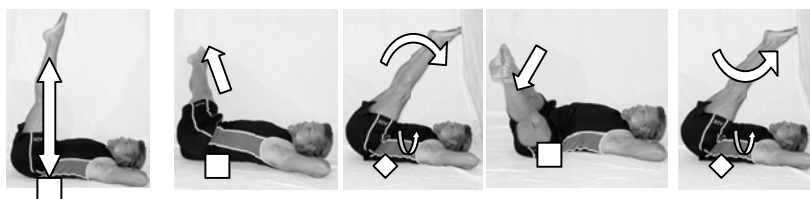
Rocking Side-to-Side, straight legs; an intermediate modification of Knee Sways; begin in neutral with legs straight. Move laterally between 3>12> 9>12 o'clock in a medium ROM.



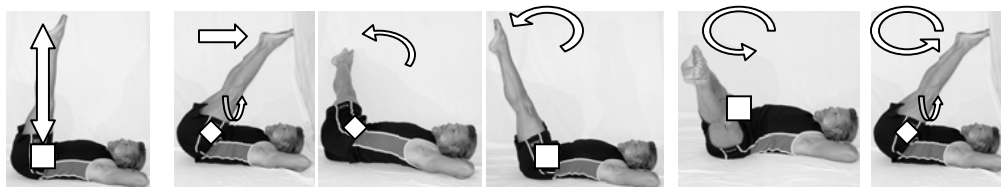
Hip Roll, straight legs; An intermediate modification of the Coccyx Curls; begin in neutral with legs straight. Move between 12 o'clock > neutral, in a medium ROM.



Giant Hip Roll, straight legs; Advanced modification of Coccyx Curls; begin in neutral with legs straight, move between 12 > neutral, big R.O.M.

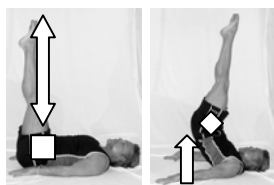


Giant Rocking Side-to-Side, straight legs; Knee Sways advanced; begin in neutral with legs straight. Move laterally between 3>12> 9>12, in a large ROM.

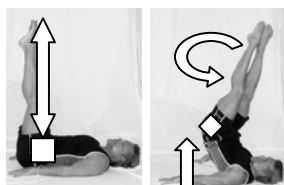


Leg Circles; a modification of the Feldenkrais Clock; begin with legs straight & held together. Move around clockwise & contra clockwise holding neutral pelvis in the lower half of the circle.

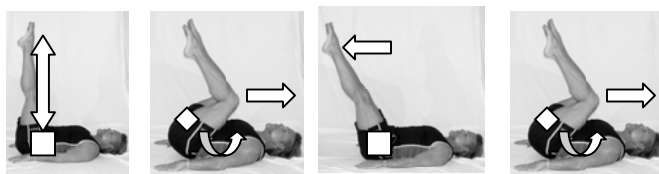
The Pilates Abdominal Routine continued



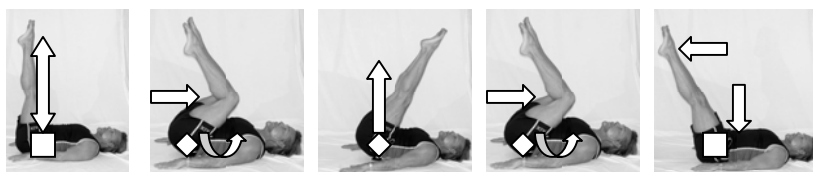
Tower; Begin in neutral with straight legs. Lift the hips & legs up to a shoulder stand, but not so high as to compress the neck. Slowly return the hips down to the ground.



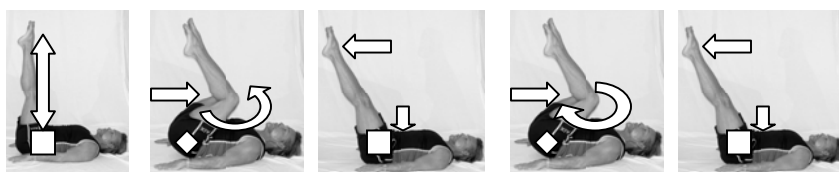
Corkscrew; A modification of Tower; begin in neutral with legs straight & together. Lift the hips simultaneously torque the torso. Return to the neutral starting position & repeat to the other side.



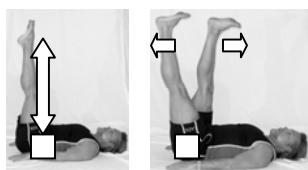
Stomach Massage, In & Out; Bring the knees to your chest, pulling the stomach in and away from the thighs, and then press the legs out on a diagonal to challenge core stability in neutral.



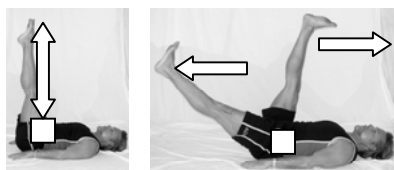
Combo; A combination of Stomach Massage-in-out-Tower. Use the abs to pull the hips in > up > in > out



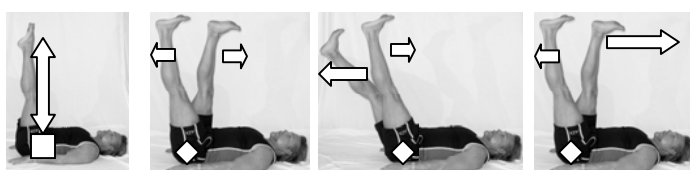
Ski; Twist the torso as you bring the knees to your chest. Pull the stomach in from the thighs, and then straighten the torso to press the legs out, repeat to the other side.



Walk on the Ceiling; Keep the legs directly above the hips. Make quick, small movements of the legs while stabilizing the hips & torso in neutral.



Scissors; an intermediate version of Walking on the Ceiling, but with giant stiff-legged movements.



Walk on the Ceiling, Up & Down; an advanced version of Walking on the Ceiling with lowering and raising the legs while stabilizing the hips in 12 o'clock with Stomach Massage.

The Pilates Abdominal Routine continued



Bicycle: With the pelvis in a deep 12 o'clock and the tailbone up off the ground.



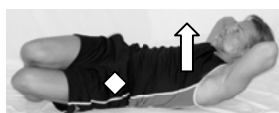
Hundreds: Extended legs at an angle to accommodate a 12 o'clock pelvis. Inhale for 5>10 counts, then exhale for 5>10 counts [scapula depression on each count to pump extended arms].



100's with Bent Knees: Hold the bent legs static at 45° angle. Inhale for 5>10 counts, then exhale for 5>10 counts [scapula depression on each count to pump extended arms].



Side Bends: Lie on the side with neutral pelvis, knees bend, hands support the head, stacked hips and shoulders. Use the internal oblique to lift the torso up and down [do not crunch toward the hip].



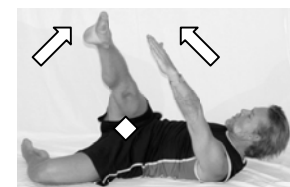
Side Bends with a Twist: Lying on side, knees bend, hands support head, turn the torso parallel to the ceiling. Use the external oblique to lift the torso up and down keeping the elbow leveled.



Twisted Side Bends with Elbow to Knee: Lying on the side, knees bend, hands support the head. Turn the torso parallel to the ceiling. Use the external oblique to lift the torso. Increase the torso twist with the internal oblique and touch the opposite elbow to your top knee.



Twisted Side Bends with Hand to Foot: Lying on the side with bottom knee bent, top leg straight, top hand supports the head, bottom arm extends on the floor beyond the head. Turn the torso parallel to the ceiling. Use the external oblique to lift the torso & extended arm. Increase the torso twist with the internal oblique to touch the opposite hand & foot.



Twisted Side Bends with Hand to Foot; with Pulse: Hold high position & pulsate.

The Pilates Abdominal Routine continued



Torso Lift: hold extended legs down. Bend at the waist to lift the torso directly up.



Toe Touches: Lie on the back with legs extended straight up from the hips. Lift the torso to touch the toes.



Reach Through: Similar to the previous exercise, but with legs opened wide. Reach forward with the arms through the legs.



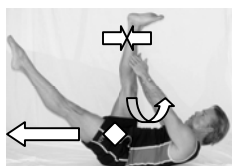
Criss-cross Toe Touches: With legs still open, touch the opposite toes.



Open-close: Lie on your back with arms and legs wide in a spread eagle. Lift the torso while closing the arms and legs, touch the toes and then lower the torso as you open the legs and arms.



Double Leg Stretch: Roll into a ball then stretch out length wise, keeping torso & legs off the floor with the lower back pressing into the floor.



Single Leg Stretch with Straight Legs: Alternate bringing one straight leg up to meet the lifted torso while lengthening the other in opposition. Touch the closer leg [do not use the arms to help pull the torso & leg closer].



Single Leg Stretch with One Knee Bent: Version of the previous exercise, but the leg closing to the torso is bent.

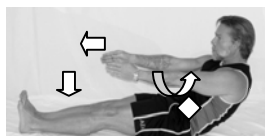


Heel Touch: With knees bent and feet on the floor, lift the torso to touch your heels.

The Pilates Abdominal Routine continued



Alternate Heel Touch; A variation of the previous exercise; Lift the torso and bend laterally to touch the heels, alternating.

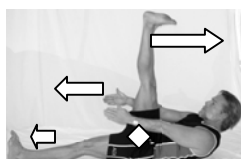


Roll-up; The advanced version; Keep extended legs pressing down on the floor to disengage the hip flexors and sequentially roll the torso up to a sitting position. Lift up to roll back & down.

Modified Roll-up; With legs straight and pressing down on the ground. Lengthen the spine to roll half way up one vertebra at a time. Keep pushing through the heels for extension.



Roll-up with One Leg Lifted; Hold one leg up off the ground while performing a modified roll-up. Repeat on the other side.



Roll-up with One Leg Kicking High; Simultaneously lift the torso and kick the leg up. Repeat on the other side.

COOL DOWN



Stomach Massage, Lying, Round-back, Face Down; Lie on the stomach. Lift it up off the ground without raising the hips or ribs.



Clavicular Breathing; With one hand on your chest and the other on the stomach, breathe into the chest without expanding the belly. Pull the abs in tighter with each exhalation.