

Beginners Pilates exercise Maintenance Plan

Practice these Pilates exercises as often as you like for a 15 minute workout. Enjoy!

Use a mat/towel or rug to align with, and a rolled up towel or small cushion for your head if required.

Shoulder drops start position – relaxation



Lengthen arms above shoulders, palms facing each other. Breathe in to lift and lengthen one arm, breathe out to sink it back to the mat.

Repeat up to 10 times alternating arms.

Rib cage closure start position – relaxation



Breathe in to raise arms to the ceiling, palms facing forward, breathe out as you lengthen them overhead towards the floor. Breathe in to raise arms up to the ceiling, breathe out return to the mat.

Repeat up to 10 times.

Knee openings start position – relaxation



Breathe out to open at the knee, foot rolls outwards, breathe in to hold. Breathe out to return the knee back to start position. Alternate legs.

Repeat up to 5 times with each leg.

Knee folds start position – relaxation



Breathe out to Knee fold one leg in, breathe in maintain the leg position; breathe out to return the leg to the start position. Alternate legs.

Repeat up to 5 times with each leg.

Spine curl start position – relaxation (bring feet slightly closer to the body)



Breathe out to wheel spine sequentially off the mat to shoulder blades, breathe in to hold, breathe out to wheel spine sequentially back down onto the mat.

Repeat up to 10 times.

Curl up start position-relaxation



Remove any head cushions, interlink fingers, cup head with hands, elbows in peripheral vision. Breathe out to curl up to shoulder blades, breathe in to hold, breathe out to lower the spine back down.

Repeat up to 10 times.

Diamond press start position – prone



Breathe out to roll nose, lengthen and lift neck and push the breastbone up, breathe in to hold your position, breathe out to sequentially lower the spine back down onto the mat to the start position.

Repeat up to 10 times.

Rest position

Cat start position- 4-point kneeling



Breathe out to curl pelvis under, as the waist rounds and upper back curves. The head gently nods. Breathe in to hold the position. Breathe out to uncurl from the head and pelvis at the same time to return to the start position.

Repeat up to 10 times.

Oyster start position - side lying (ribs, pelvis and stacked feet all aligned at back of mat. Lengthen top hip away to create a sense of space between the waist and mat.)



Breathe out to open the hip joint as top knee lifts up. Breathe in to lower the leg back down.

Repeat up to 10 times on each side.

Floating Arms



Start position -- standing.

Breathe out keeping arms lengthened and spine stable raise both arms out to the side slightly forward of the body. Breathe in to lower arms back down to your sides.

Repeat up to 10 times.