

Clinical Pilates Exercises Level 1

Please Note: If exercises or stretches become painful, reduce the intensity and/or frequency. If pain continues, stop your exercises and consult your Physiotherapist as soon as possible.

P1 FORWARD CYCLES



- Lie on your back with arms by your side. Shoulders relaxed with shoulder blades slightly pulled down and back. Maintain lumbar lordosis, feeling slight pressure on your sacrum.
- Extend one leg as straight as possible with your heel pointing towards the ceiling. Bend the other knee to 90 degrees.
- Perform slow, controlled forward cycles one leg at a time trying to straighten each leg towards the ceiling as you begin the cycle
- Ensure breathing is of normal volume

Reps	Sets	p/Day	p/Week

P2 LEG SLIDE OUTS



- Lie on your back with arms by your side. Shoulders relaxed with shoulder blades slightly pulled down and back. Maintain lumbar lordosis, feeling slight pressure on your sacrum
- Raise both legs so that your hips and knees are both at 90 degrees with toes pointing towards the ceiling.
- Slowly lower one leg at a time out from the midline approximately 30 degrees keeping the other leg completely still. Repeat with other leg.
- Breathe in as you extend your leg out.

Reps	Sets	p/Day	p/Week

P3 DOUBLE LEG LOWERS



- Lie on your back with arms by your side. Shoulders relaxed with shoulder blades slightly pulled down and back. Maintain lumbar lordosis, feeling slight pressure on your sacrum.
- Raise both legs so that your hips and knees are both at 90 degrees with toes pointing towards the ceiling.
- Slower lower both legs at the same time keeping knees and ankles together. Maintain the 90 degree angle at your hips and knees. Do not let your back arch.
- Breathe in as you lower your legs.

Reps	Sets	p/Day	p/Week

P4 BENT LEG CIRCLES



- Lie on your back with arms by your side. Shoulders relaxed with shoulder blades slightly pulled down and back. Maintain lumbar lordosis, feeling slight pressure on your sacrum.
- Lift one leg so that your hip and knee are at 90 degrees, point your toes towards the ceiling.
- Keeping your knee and hip at 90 degrees perform slow, controlled circles with your thigh. Keep the other knee completely still and your pelvis should stay level.
- Breathe into the base of your rib-cage with normal volume.

Reps	Sets	p/Day	p/Week

P5 STRAIGHT LEG CIRCLES (1)



- Lie on your back with arms by your side. Shoulders relaxed with shoulder blades slightly pulled down and back. Maintain lumbar lordosis, feeling slight pressure on your sacrum.
- Straighten one leg towards the floor approximately 45 degrees from the floor and away from the midline approximately 30 degrees. Toes pointing towards the ceiling.
- From this position perform slow, controlled circles with your straight leg. Keep the other knee completely still and your pelvis should stay level.

Reps	Sets	p/Day	p/Week

P6 STRAIGHT LEG CIRCLES (2)



- Lie on your back with arms by your side. Shoulders relaxed with shoulder blades slightly pulled down and back. Maintain lumbar lordosis, feeling slight pressure on your sacrum.
- Straighten one leg towards the floor approximately 45 degrees from the floor and away from the midline approximately 30 degrees. Toes pointing towards the ceiling.
- From this position perform slow, controlled circles with your straight leg. Keep the other knee completely still and your pelvis should stay level.

Reps	Sets	p/Day	p/Week

Clinical Pilates Exercises Level 2

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P7 SINGLE LEG BRIDGE



- Bend one knee to 90 degrees keeping your foot on the ground.
- Straighten the other leg, point toes towards the ceiling and keep your knees level.
- **Using your gluteals to lift your hips up. Push down through your heel to lift your hips towards the ceiling so that your body is in a nice straight line. Breath in.**
- Lower your hip down towards the floor but keep them slightly off the floor. Breath out.
- And repeat.

Reps	Sets	p/Day	p/Week

P8 SINGLE LEG BRIDGE + LEG RAISE



- Bend one knee to 90 degrees keeping your foot on the ground.
- Straighten the other leg, point toes towards the ceiling and keep your knees level.
- **Using your gluteals to lift your hips up. Push down through your heel to lift your hips towards the ceiling so that your body is in a nice straight line. Then lift your leg higher towards the ceiling while keeping your hips up.**
- Lower your leg slowly to return to knees level then slowly lower your hips.

Reps	Sets	p/Day	p/Week

P9 SINGLE LEG BRIDGE + LEG OUT



- Bend one knee to 90 degrees keeping your foot on the ground.
- Straighten the other, leg point toes towards the ceiling and keep your knees level.
- **Using your gluteals to lift your hips up. Push down through your heel to lift your hips towards the ceiling so that your body is in a nice straight line. Then lift your leg out from the midline and back in.**
- Lower your hips towards the floor keeping them slightly off the floor in between repetitions.

Reps	Sets	p/Day	p/Week

P10 SIDE LEG RAISES



- Lie on your side with your body in a nice straight line. You can rest your head on your hand or on an outstretched arm. Place the other hand flat on the floor in front of you at waist level. Ensure your shoulder is away from your ears and your shoulder blades are back and down.
- Keep your pelvis completely still, lift the top leg as high as you can off the bottom leg. Breath in with a normal breath.
- Slowly lower down to your half-way point between the other leg and the highest point you can raise the leg to.
- Breath out at as you lower. Repeat.

Reps	Sets	p/Day	p/Week

P11 SIDE LEG CIRCLES



- Lie on your side with your body in a nice straight line. You can rest your head on your hand or on an outstretched arm. Place the other hand flat on the floor in front of you at waist level. Ensure your shoulder is away from your ears and your shoulder blades are back and down.
- **Keep your pelvis completely still, lift the top leg off the bottom leg to just above the level of your pelvis.**
- Perform slow, controlled backward circles with your leg keeping your lower back and pelvis completely still.

Reps	Sets	p/Day	p/Week

P12 SIDE LEG FORWARD/BACK



- Lie on your side with your body in a nice straight line. You can rest your head on your hand or on an outstretched arm. Place the other hand flat on the floor in front of you at waist level. Ensure your shoulder is away from your ears and your shoulder blades are back and down.
- **Keep your pelvis completely still, lift the top leg off the bottom leg to approximately the level of your hips.**
- Keeping your pelvis and lower back completely still move your leg slowly forward and back approximately 30 degrees in each direction from the midline. Repeat.

Reps	Sets	p/Day	p/Week

Clinical Pilates Exercises Level 3

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P13 SINGLE LEG KICK (START)



- **Start position:** Lie on your stomach, hands under forehead, draw your tummy up and bend your knee to 90 degrees.
- Your toes should be pointing towards the back wall and your heel towards the ceiling.
- Ensure your shoulders are relaxed, shoulder blades are slightly down and back towards your back pockets.
- Squeeze your gluteals to lift knee approximately 5cm off the floor. When doing this try not to push down through your elbows or the other leg.—Breath in as you lift.

Reps	Sets	p/Day	p/Week

P14 SINGLE LEG KICK (FINISH)



- **Finish position:** Slowly straighten your knee keeping it off the floor then slowly lower your leg down to the floor.
- Breath out as you lower.

Reps	Sets	p/Day	p/Week

P15 DOUBLE LEG KICK (START)



- **Start position:** Lie on your stomach, hands under forehead, draw your tummy up and bend both your knees to 90 degrees.
- Lift both knees approximately 5cm off the floor by squeezing your gluteals. Keep shoulders and arms relaxed.
- Breath in with an normal breath as you lift your knees off the floor.

Reps	Sets	p/Day	p/Week

P16 DOUBLE LEG KICK (FINISH)



- **Following on from P9**
- Straighten both legs keeping knees off the floor, simultaneously lift your chest slightly off the floor and straighten arms up above your head and approximately 30 degrees from the midline.
- Slowly return your arms to the start position and legs relaxed on the floor.

Reps	Sets	p/Day	p/Week

P17 BIRD-DOG (START)



- **Start in four point kneeling, on your hand and knees with your knees directly under your hips and your hands directly under your shoulders.**
- Ensure that your chin is tucked in and your shoulder blades are back and down towards your back pockets
- Slowly extend the opposite arm and the opposite leg as far as you can still maintaining neutral in your lower back. Breath in as you extend your arm and leg.
- Ensure you have a soft elbow on the weight bearing side so a slight bend in the elbow is important.

Reps	Sets	p/Day	p/Week

P18 BIRD-DOG (FINISH)



- **Bring your arm and your leg back in to your body while maintaining your lumbar lordosis. Try to keep your hand and knee off the floor. Breath out as you perform this movement.**
- From this position you will then extend the same arm and leg out as far as possible as previously described in the picture box to the left.
- And repeat the exercise as many times as prescribed by your physiotherapist.

Reps	Sets	p/Day	p/Week

Clinical Pilates Exercises Level 4

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P19 BIRD-DOG + ABDUCTION



- **Start as the Bird-Dog**
- Slowly extend the opposite arm and the opposite leg as far as you can, then take both your arm and leg simultaneously out approximately 30 degrees from the mid-line. Maintain your lumbar lordosis and your pelvis should stay straight and still.

Reps	Sets	p/Day	p/Week

P20 BIRD-DOG+SQUARES



- **Start as the Bird-Dog**
- Slowly extend the opposite arm and the opposite leg as far as you can, then take both your arm and leg simultaneously out approximately 30 degrees from the mid-line.
- In this position draw squares in the air with both your arm and leg at the same time. Maintain your lumbar lordosis and your pelvis should stay straight and still.

Reps	Sets	p/Day	p/Week

P21 SIDE BLASTS



- **Lie on your side in a straight line with feet together. Ensure you hips and shoulders are in a straight line. Rest your head on your hand or on an out-stretched arm if you prefer. Place the other hand in front of you on the floor at waist height.**
- Keeping feet and knees together shift your legs forward of your body approximately 45 degrees.
- From this position, keep both legs together and lift them as high as you can off the floor.

Reps	Sets	p/Day	p/Week

P22 SIDE BLAST + LIFT OFF



- **Lie on your side in a straight line with feet together. Ensure you hips and shoulders are in a straight line. Rest your head on your hand or on an out-stretched arm if you prefer. Place the other hand in front of you on the floor at waist height.**
- Keeping feet and knees together shift your legs forward of your body approximately 45 degrees. From this position lift both legs off the floor, lift the top leg off the bottom then lift your bottom leg up to meet the top leg. Then lower both down.
- "Lift, up, up, down"

Reps	Sets	p/Day	p/Week

P23 SIDE BLAST CRUNCH



- **Lie on your side in a straight line with feet together. Ensure you hips and shoulders are in a straight line. Straighten the bottom arm out in front of you at shoulder height. Lift other arm above your head.**
- Keeping feet and knees together shift your legs forward of your body approximately 45 degrees.
- From this position, keep both legs together and lift them as high as you can off the floor. At the same time lift your upper body off the floor. Try and touch your toes with your top hand.

Reps	Sets	p/Day	p/Week

P24

Reps	Sets	p/Day	p/Week