

30 BEST PILATES EXERCISES

ALICE PAUL

**Core Pilates Exercises for Strength Building,
Flexibility, Fitness and Rehabilitation**



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INTRODUCTION

In the year 2015, a team of researchers discovered that Pilates can successfully improve their upper body, lower body, as well as abdominal muscles. The research shows that elderly people who did two Pilates practices per week for three months reportedly saw gains in lower body strength, postural balance, as well as the quality of life.

Pilates covers a multitude of abdominal exercises that aim to increase our strength as well as flexibility and endurance of the core muscles. Four hours of Pilates practices each week for twelve to fourteen weeks dramatically improved abdominal strength as well as upper back posture, according to a 2012 research report.

In this book, we will discuss the various best Pilates exercises that will improve or boost your muscles, increase your strength, and also that will focus on your lower and upper body, increases your level of flexibility and core strength.

Those who had been performing Pilates are known for having good posture. It's also one of the major reasons why people turn to Pilates for back pain relief.

PART 1: UNDERSTANDING PILATES EXERCISES.

Pilates exercise is one of the low-impact workouts that improve your balance as well as core strength, mobility including flexibility, and stability.



The term "Contrology" was gotten from Pilates to describe his approach. It is popular in Western nations such as Australia including Canada, and also in the US, as well as the UK, among others. In United State, 15 million individuals were exercising based on Pilates routine on a daily basis in 2003, with 22,000 instructors.



UNDERSTANDING BY PILATES

Pilates is known to be low-impact workouts that improve and also boost your muscles, balance as well as core strength, mobility including flexibility, and even stability of a major part of your body. It concentrates on the smaller as well as bigger muscles that support as well as improve your overall health.



Pilates intends to develop the body in a balanced and stable motion, with a focus on core strength, to promote overall fitness as well as strength. Pilates workouts can be done on a mat or with specific equipment like the Reformer including Cadillac, or even Wunda Chair.



Pilates was developed or initiated by Joseph Pilates, a German-born gentleman who thought that mental as well as physical wellness were inextricably related. Western types of exercise, such as gymnastics including boxing, as well as Greco-Roman wrestling, inspired his approach. In the year 1920s, Pilates was introduced to the United States.

PILATES FOR EVERYBODY?

Pilates is appropriate for people of various ages, abilities, as well as fitness levels.



Before you start any fitness exercises, see your doctor or a health expert if you have any health issues, such as a health problem or an accident.

CORE BENEFIT OF PILATES

Many studies have been done on the health benefits of Pilates. However, only a handful of them have been submitted to solid research scrutiny, and additional study is needed in this field.



Pilates helps to enhance posture, muscular tone, balance, improve joint mobility, and also reduce stress as well as tension, according to research.

PART 2: INJURY AND PREVENTION DURING PILATES

Pilates is recognized as a low-impact workout, injuries are rare or it does not occur frequently if appropriately done. It is necessary to have a certified instructor and a program that's knowledgeable for your level of fitness and skill.



If you are recuperating from an injury, check with your doctor or another health expert to see if particular exercises or motions are safe for you before beginning a class.

WEIGHT LOSS- PILATES

Pilates is an exercise that involves muscle-strengthening exercise that can assist you in maintaining a healthy weight. The level of the impact of Pilates exercise can range from beginners to intermediate then after we have an advanced level.



Pilates should be combined with a balanced diet and certain cardiovascular exercises such as swimming, walking, as well as cycling if you wish to reduce weight.

PAIN-RELATED ISSUE: PILATES

There's also some indication that Pilates can help patients with a related issue like lower back pain get some relief.



The workouts should be personalized to the individual as well as approved by a competent health expert in order to be successful. Most of the Pilates trainers are not licensed practitioners who can't provide reliable therapy.

PART 3: BEST PILATES WORKOUTS

Pilates has also been found to increase the quality of life, reduce depression as well as anxiety.



In this part, we will discuss the various Pilates exercises that will boost your full body strength and flexibility.

PILATES WORKOUTS FOR CORE STRENGTHENING:

The followings are Pilates training workouts for core strengthening.

ONE LEG CIRCLE

LEVEL:

INTERMEDIATE

BENEFITS:

This exercise strengthens the abdominals as well as the hips flexors. This is one of the Pilates that focus on hip adductors.

PROCEDURE:

- Start by lying on the mat with your back straight.
- Your hands should be straight beside your ribs region.
- Ensure that your legs are appropriately straight and well position on the floor.
- Ensure that your knee and hip are not bent.
- As you inhale, start by raising your right leg in a straight direction also your knee and hip, and ankle including your foot should be straight and upward.
- As you exhale. Rotate your right leg 360 degrees in the air.
- Repeat 4-6 times.



BREATHING PILATE

LEVEL;

BEGINNERS

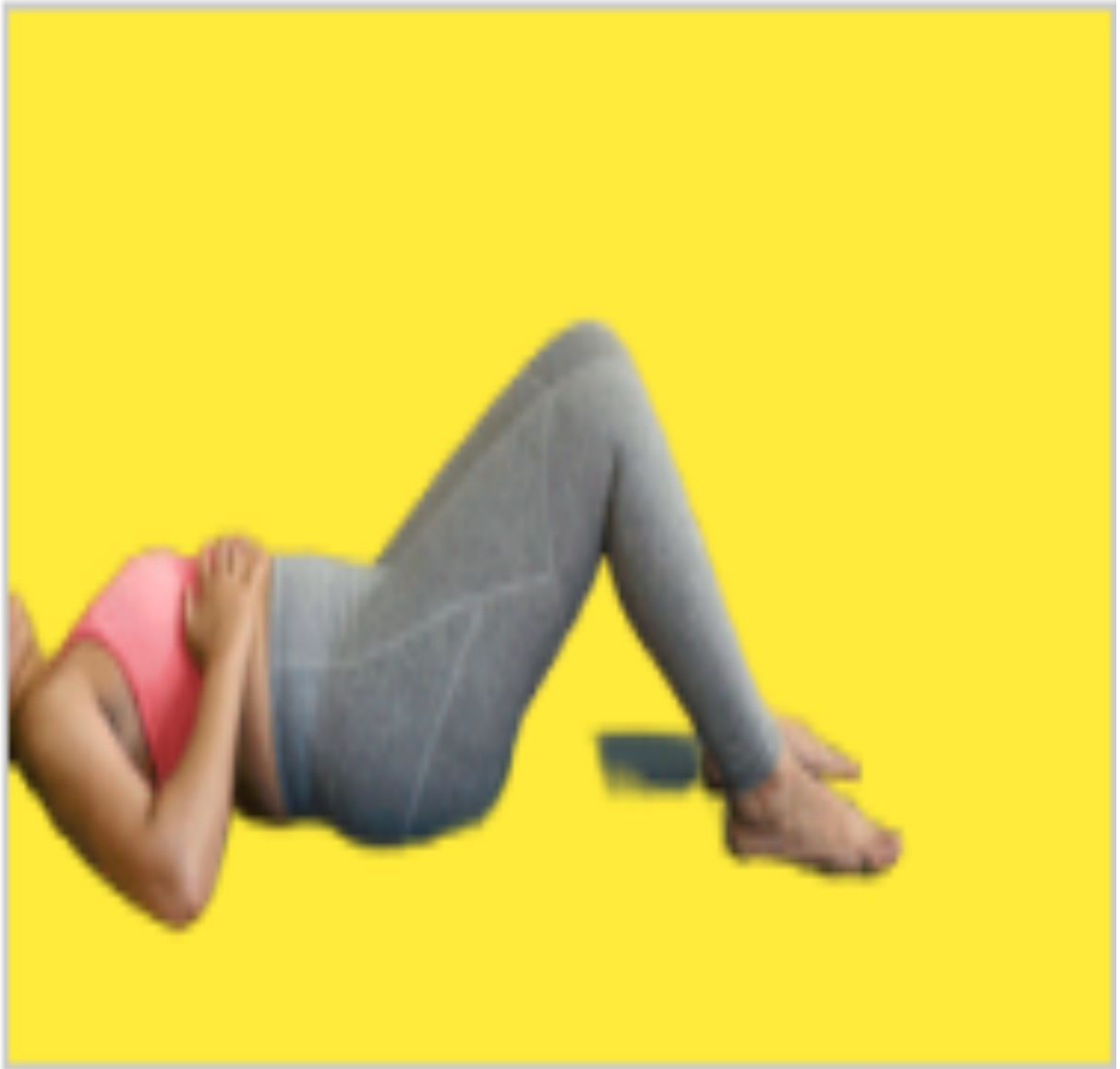
BENEFITS:

It enhances the respiratory muscles as well as abdominals that help to stabilize the pelvis.

PROCEDURE:

- Lie flat with your back appropriately placed on the mat with your knee up and your feet on the floor. Your hands on the rib cage.

- Start by taking a deep breath through your nose while you maintain the same posture.
- Then after exhale and your hands sliding towards one another as well as your rib sink towards the floor.
- Reps 3-5 times



ONE HUNDRED PILATES

LEVEL:

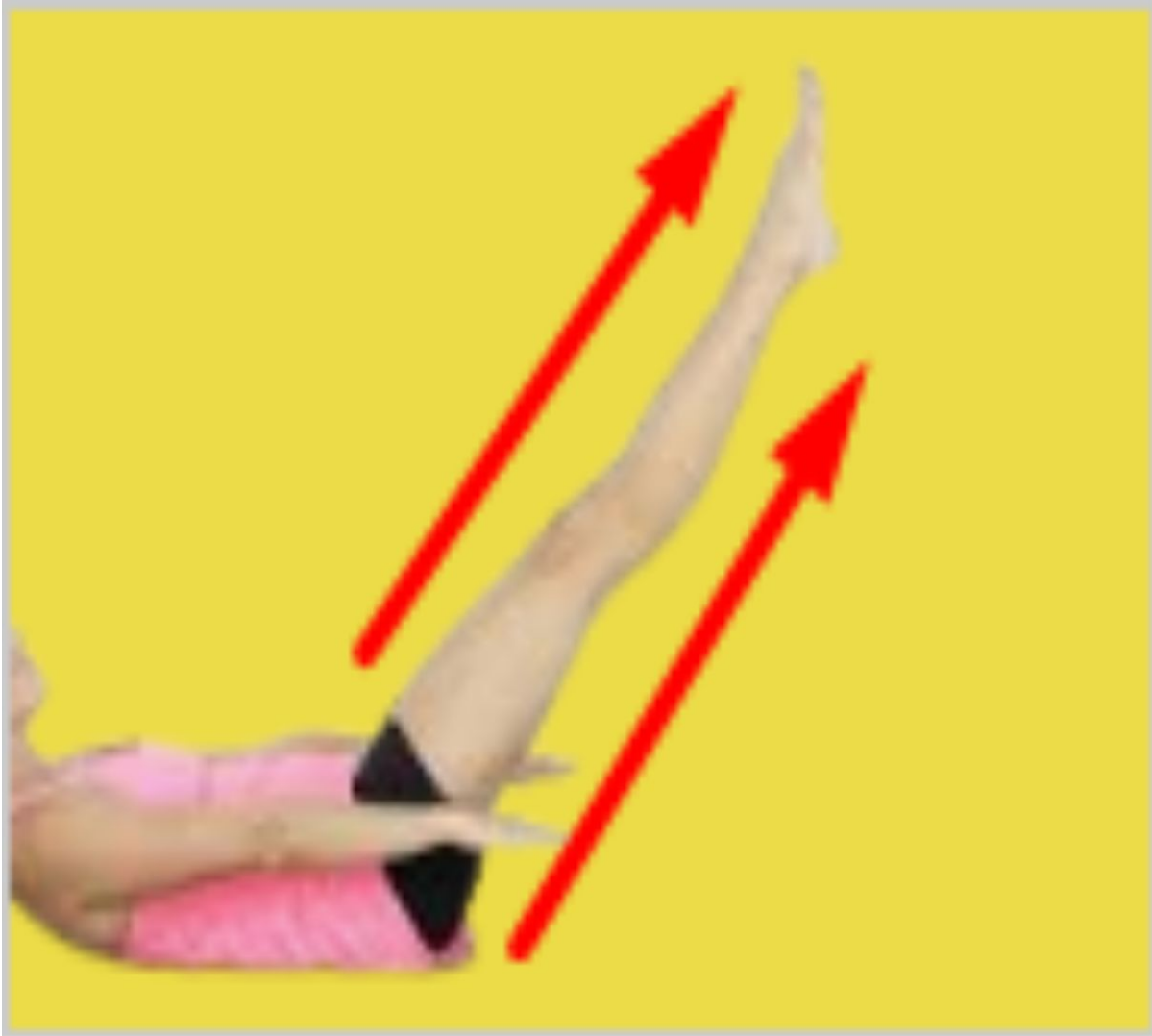
INTERMEDIATE

BENEFITS:

This Pilates exercise enhances range of motion and also improves your core strength. It focuses on the lower body as well as the upper body.

PROCEDURE:

- Start by lying flat on the mat with your back.
- Slowly raise your both legs up but not up to 90 degrees.
- Ensure that your head, neck, and shoulder are above the ground.
- Your hands are above the ground.
- While maintaining your posture, move your hands up and down without touching the floor.
- Exhale 5 counts as well as inhale 5 counts while performing.
- Repeat 5-10 times.



SHOULDER BRIDGE

LEVEL;
BEGINNERS.

BENEFITS:

This Pilates exercise strengthens the back muscles, hamstrings as well as glutes, and pelvic floor.

PROCEDURE:

- Firstly start by lying flat on the floor with your face up.
- Your hands should be flat on the floor.
- Raise your back, hips, butt, and ribs above the floor while your right leg is straight in an upward direction and the other leg knee is up but bent and the foot on the floor.
- Try the same thing with the other leg.
- Repeat 4-6 times.



SINGLE LEG STRETCH

LEVEL:

BEGINNER

BENEFITS:

This exercise strengthens the core as well as the back of the leg also enhance mobility.

PROCEDURE:

Firstly, lie down flat with your back. Curl your head and your neck up off the floor as well as bring both knees up toward or closer to your chest. Ensure that you hold your hands on your shins.

Alternate sides while extending one leg at a time. Maintain your lower back on the floor as well as your core engaged.



KNEELING SIDE LEG RAISE

LEVEL:

ADVANCE.

BENEFITS:

This Pilates focuses on the core. It utilizes arm as well as leg extension. It strengthens the back, hips, and leg muscles.

PROCEDURE:

- Start by lying sideways on the floor. Raise your body up by sustaining your weight with your elbow and left leg with your knee. Your ribs, shoulder, and hips are above the ground. Place the other hand on your hip while your left leg is bent.
- Inhale as you push and raise your right leg up. Exhale as you lower your right leg down.
- Do the same with the other leg.
- Repeat 4 times.



CRISS-CROSS

LEVEL:

INTERMEDIATE

BENEFITS:

Criss-cross is a Pilates mat workout that targets the abdominals as well as oblique in particular. The oblique help to stabilize posture to some extent, although they are primarily engaged in spine flexion as well as rotation.

PROCEDURE:

- Firstly lie flat with your back and your face up.

- Ensure that your hands are on your head and elbow out. Your head and shoulder are above the ground.
- Your both legs are above the floor and your knee should be out towards your chest.
- As you inhale, move your right elbow and shoulder towards your left knee then move your left knee towards your chest.
- Exhale as you return your right elbow and left knee straight.
- Do the same with the other leg and hand.
- Repeat 5-10 times



SAWING PREPARATION

LEVEL:

INTERMEDIATE

BENEFITS:

It stretches the shoulder and upper back and also strengthens your spine.

PROCEDURE:

Ensure that you sit up straight with your legs as broad or wide as a yoga mat. Twist by moving to the left with your arms straight out to your sides. Extend your right hand three times towards your left foot. Untwist and restore to center after rolling up in the twist. Repeat the process on the other side. On each side, repeat the process once more.



DOUBLE LEG DROP

LEVEL:

BEGINNERS.

BENEFITS:

Help to strengthen the transverse abdominals and your back.

PROCEDURE:

- Start by lying flat on the floor with your back and your face facing up.
- Your hands should also be on the floor while your legs are straight and together.
- Inhale as you lift your legs upward, 90 degrees without moving your body.
- Exhale as you return to your initial position.
- Repeat 5-10 times.



DOUBLE LEG STRETCH

LEVEL:

ADVANCE

BENEFITS:

This workout focuses on the core. It utilizes the arm as well as leg extension to provide a weighted resistance for the abdominals. The workout also aids

in the development of overall endurance and coordination.

PROCEDURE:

- First of all, start by lying with your back flat and your face should face up.
- Your head and shoulder should be above the floor level.
- Inhale as you move your knees towards your chest while you place your hands on your knees.
- Slowly extend your knees into your chest as you circle your arms out as well as around the back to your knees.
- Exhale as you try to return your legs stretch straight while maintaining your back on the floor.
- Repeat the same 5-20 times.



TOE TAPS

LEVEL:

BEGINNERS.

BENEFITS:

It strengthens the hip and also improves stability, balance, and flexibility. Reduces stiffness and tightness around your waist region and knee.

PROCEDURE:

- Start by lying flat on the floor with your back flat and your hands on the floor.
- Ensure that your feet are on the floor together while your knees are bent.
- Raise your leg while you tip tap the floor with your toes without both legs touching the floor.
- Inhale when the toe touches the floor and exhale when your leg is back to the tabletop.
- Repeat 10-20 times.



MERMAID PREPARATION

LEVEL:

BEGINNERS

BENEFITS:

Strengthen your back and hip joints.

PROCEDURE:

The mermaid help to stretch lengthen muscles and opens the side of your body and your hips. The arm extended in a long stretch up and above your head for the first mermaid, with the sit bones grounded. Your spine and your torso, will begin to expand as you breathe as well as stretch.



SCISSOR KICK

LEVEL:

INTERMEDIATE

BENEFITS:

The scissor kick strengthens your core, glutes, quadriceps, especially adductors. You may "flutter" your legs up as well as down by activating your core muscles.

PROCEDURE:

- Start by lying flat with your back.
- Your face should face up and your hands should be on the floor while your legs lie on the floor.
- Inhale as you raise your right leg up 90 degrees and place your hands on your knee while the left leg remains straight on the floor.
- Exhale as you return the back to the original posture.
- Do the same thing with the other leg.



SIDE BEND PREPARATION

LEVEL:

INTERMEDIATE

BENEFITS:

Improve your core and flexibility of muscles around your back, as well as spine mobility.

PROCEDURE:

- Start by kneeling on the floor with one leg and the other leg foot on the floor while knee bent.
- Position your palm on the floor and elbow straight while the other hand stretch toward the head.
- Inhale as you bend your ribs and spine and exhale as you reposition yourself back to the initial position.
- Repeat the same with the other leg.
- Repeat 5-10 times.



TEASER STRETCH

LEVEL:

INTERMEDIATE

BENEFITS:

The best exercise for flexibility, balance as well as spine mobility.

PROCEDURE:

- Start by lying flat on the mat with your face facing up.
- Raise your back up and also stretch your hands while your back, shoulder, and head are above the floor.
- Your hip should be on the floor to maintain stability.
- Ensure that you lift your legs appropriately above the floor 45 degrees while your entire body looks like a V shape.
- Return to the initial position.



SIDEWARD DIRECTION KICK

LEVEL:

INTERMEDIATE

BENEFITS:

It strengthens your hip joints as well as your legs by that making mobility easy for you. It also improves balance, posture, and flexibility.

PROCEDURE:

- Firstly lie sideways on the floor. Ensure left leg is on the floor straight.
- Inhale as you lift your right leg in a sideward direction.
- Exhale as you return your leg to the initial position.
- Do the same thing with the other leg.
- Repeat 5-10 times.



PENDULUM STRETCH

LEVEL:

INTERMEDIATE

BENEFITS:

Improves core strength including abdominal muscles, and flexibility. Muscle strength, efficiency, and also stamina are all improved. Assists in the development of a functionally supporting back.

PROCEDURE:

- Lie flat on the mat with your face up and ensure that your arms are extended out from your side.
- Ensure that your knees are bent to your hips as well as raise your feet from the floor.
- Move both knees to the right side over your hips while your feet are above the floor.
- Ensure that the knees fall to the direction (right) while you maintain your lower back on the floor.
- Return to the initial position and repeat the same thing on the other side.



FRONT AND BACKSIDE DIRECTION KICK

LEVEL:

INTERMEDIATE

BENEFITS:

This Pilates exercise is just like the sidekick. The same benefits with the sidekick.

PROCEDURE:

- Firstly, lie sideways on the floor. Ensure that your left leg is on the floor straight.
- Inhale as you move your right leg front and back in a sideward direction.
- Exhale as you return your leg to the initial posture.
- Do the same thing with the other leg.
- Repeat 5-10 times.



PLANK LEG LIFT

LEVEL:

INTERMEDIATE

BENEFITS:

It improves muscle strength, efficiency, as well as stamina. Assists in the development of a functionally supporting back. Reduces the time it takes to recover after strains, and injuries.

PROCEDURE:

Firstly start with a plank and ensure that your hands are directly under the shoulders. Lift one of your legs off the ground as high as possible but it should not surpass the shoulder level.

Ensure that your core, buttocks as well as quads are engaged to avoid rocking the hips.



SWAM DIVE

LEVEL:

INTERMEDIATE

BENEFITS:

This Pilate exercise strengthens the spine movement, hip joints, and also your back muscles

PROCEDURE:

- Lie flat on the mat with your tummy and your face facing the floor.
- Ensure that your palms are on the floor while your hips and legs are still on the floor.
- Lift yourself from the upper body above the floor.
- Return to your original position.
- Repeat 5-15 times.



PLANK ROCK

LEVEL:

INTERMEDIATE

BENEFITS:

It builds core strength, flexibility, and range of motions

PROCEDURE:

- Begin in a high plank posture with your hands under your shoulders.
- Move your entire body forward a few inches to your hands, and then back to your heels.
- Throughout the workout, maintain your core, buttocks, as well as quads engaged.



BIRD DOG

LEVEL:

INTERMEDIATE

BENEFITS:

Worked on the hip extensors, back extensors, and abdominals.

PROCEDURE:

- Start by placing your palms and knees on the floor while your face facing the ground.
- Inhale and also exhale as you focus on making one straight line from your right hand to your left foot while maintaining your hip in a squared position. Return to the initial posture.
- Continue the process with the other leg.

- Repeat 5-10 times.



MOTION MAINTAIN CLIMBER

LEVEL:

INTERMEDIATE

BENEFITS:

It strengthens the muscles, flexibility of your joints and improves stability.

PROCEDURE:

Begin in a high plank posture with your palms on the floor. At a point, pull one knee in nearer to your chest.

To prevent moving your hips, maintain your core, buttocks, and quads engaged.



LEG PULL PREPARATION

LEVEL:

INTERMEDIATE

BENEFITS:

Strengthen the knees and hips.

PROCEDURE:

- Start by placing your both palms, knees, and toes on the mat.
- Your knees should be bent and be together while your hip up along with your back straight.
- Lift your knees and return to the initial position while your body posture remains the same.
- Repeat 5-10 times.



HIP DIP

LEVEL:

INTERMEDIATE

BENEFITS:

It reduces pain as well as increases hip function for people who have had difficulties with their hips or who can't stand for a longer period.

PROCEDURE:

Begin in a side plank position, with your right hand precisely behind your right hip as well as your left foot placed on top of the right. Raise your hips back up after dipping them to the floor. Before moving to the left side, perform 7-12 times.



ROLL DOWN PREPARATION

LEVEL:

INTERMEDIATE

BENEFITS:

It improves muscle strength, efficiency, as well as stamina. It assists in the development of a functionally supporting back.

PROCEDURE:

Start by sitting tall, knees bent, as well as feet flat on the floor. Reaching your arms forward and then gently place your hands closely at the back of your thighs. inhale to bring your pelvic floor as well as abs upward and also inward, then exhale to tilt your pelvis halfway to the floor to curl your lower back.

Inhale to keep the curl in place. Return to the initial posture by exhaling.



PLANK POSTURE

LEVEL:

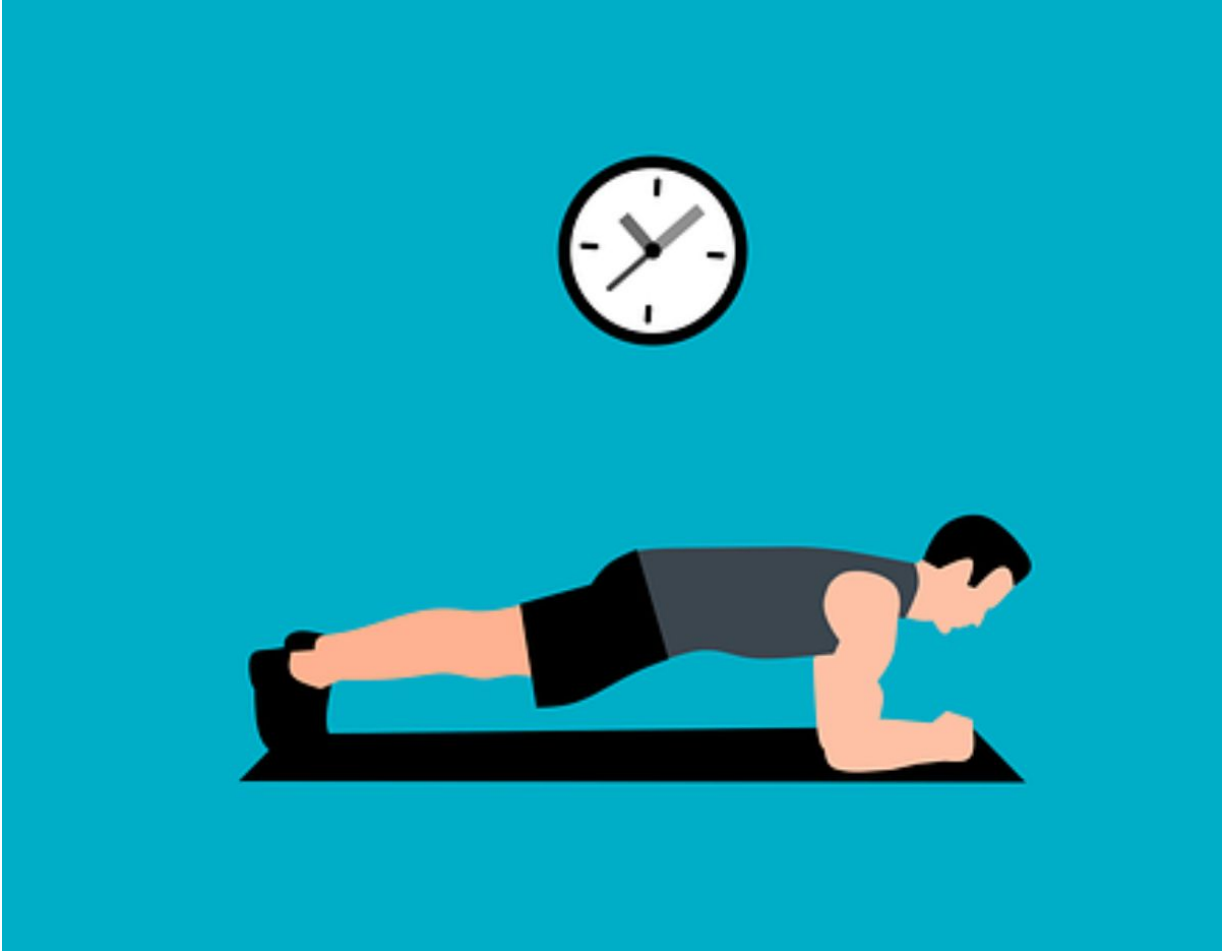
BEGINNERS

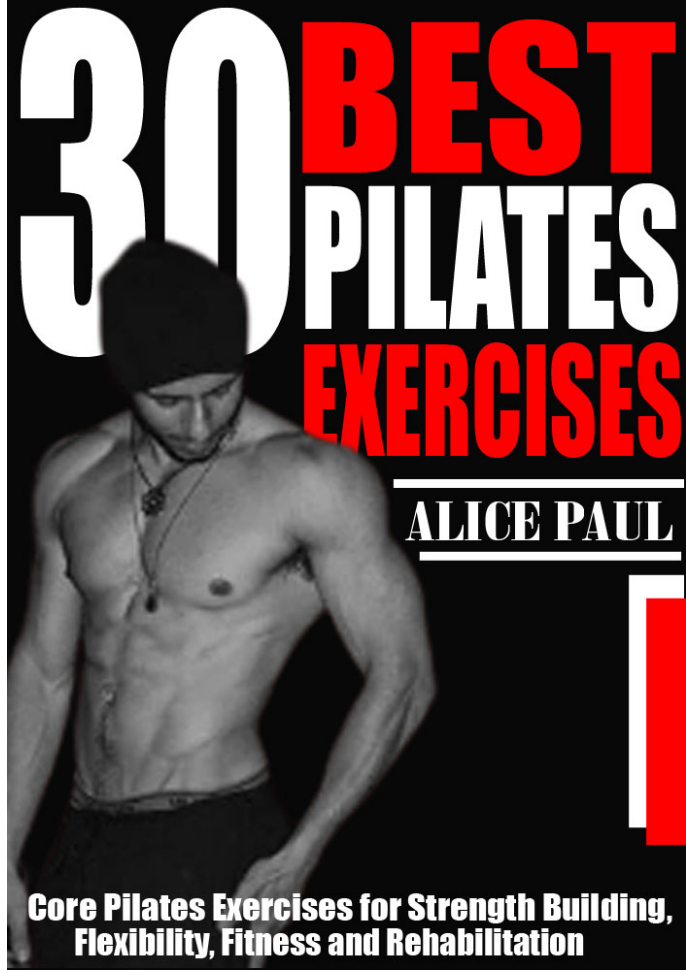
BENEFITS:

It strengthens the abdominals, shoulder girdle as well as legs.

PROCEDURE:

Start by maintaining a press-up posture with your forearms on the floor and your toes while your knees are above the floor. Exhale to bring the abs inward as well as upward, then return one leg to a straight posture before moving on to the other one. Hold the position for 20-50 seconds.





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