

HolisticFit PilatesX

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PILATES AT HOME Instruction Chart With the Pilatex

1. Consult your physician before beginning any type of exercise program.
2. Avoid exposing the tubing to rough or abrasive surface.
3. Always perform warm up activities prior to workout.
4. Perform exercises as shown in the chart or DVD.
5. Perform exercises in a slow controlled manner.
6. Avoid straining or holding breath while exercising.
7. Discontinue any exercise that is uncomfortable or causes discomfort.
8. Perform an equal number of repetitions with each arm/ leg to avoid the development of muscle imbalances.
9. Can increase or decrease number of repetitions. (number shown is at basic level)



Thanks: Prof. basketball player, Willy Sims.



more tips and info follow:
www.holisticfit.net

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Developé

mobility in the hip joint stability pelvis and whole torso. Position cuff securely around middle of foot and pull the cuff all the way to one end of the tube, upper hand is holding the handle at the other end. Lying on your side legs are parallel and extended in line with torso. Bottom hand is supporting in front of you. Inhale: slide the upper leg on the lower till reached mid thigh & extend up. Exhale: lower back down as you flex your foot. (5 rep. ea.leg)



Swan

mobility hip extension, stability torso & lombo-pelvic region Position cuff securely around middle of foot, leg with cuff is bent, and grasp a handle in each hand, hands relaxed on the lower back. Inhale: to prepare. Exhale: extend the leg, with arms & upper body. Inhale: lower back down. (4 rep. ea.leg)



Rolling like a ball

balance in seated position, stability of the spine staying in full flexion (c-curve).

Position opened cuff on shoulder blades each hand is holding one handle. Bring weight back of sit-bones, arms straight forward spine flexed legs adducted, toes of the mat.

Inhale: at the top.

Exhale: and roll down.

Inhale: at the bottom.

Exhale: to come up.

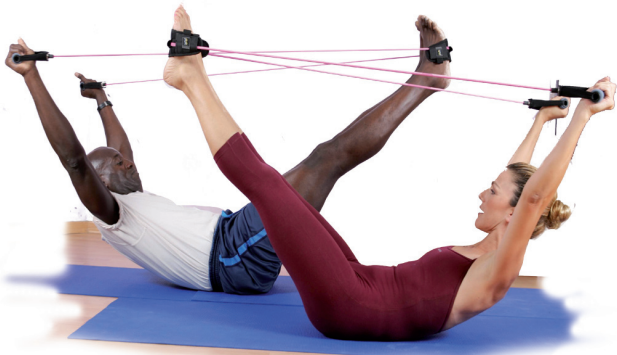
(6 rep)



Double leg stretch

mobility hip rotation & arms, stability upper body flexion lumbo-pelvic region.

Position opened cuff around feet, each hand holding a handle knees are at 90. Inhale: extend legs to 45 max with arms over head. Exhale: fold back in to starting position. (4 rep.)



Hundred

mobility of arms & legs, stability of scapulae & lumbo-pelvic region.

Position opened cuff on shins cross the tube each hand is holding the opposite handle. Bend the knees to 90 arms long by sides, palms down. Inhale press arms down count 5 Exhale press arms down count 5 x 10 = 100



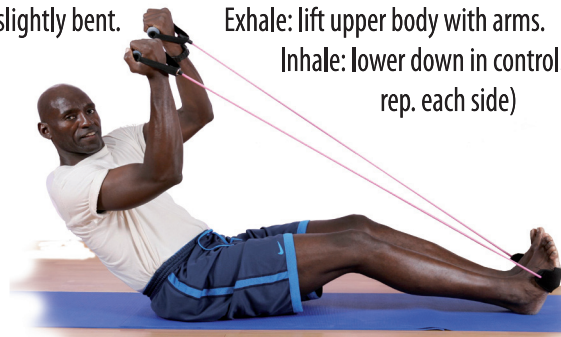
Oblique

mobility of upper torso rotation, stability upper body in flexion & lumbo-pelvic region.

Position opened cuff around feet, each hand holding a handle knees & elbows are slightly bent.

Exhale: lift upper body with arms.

Inhale: lower down in control. (5 rep. each side)



Leg Circle

mobility of the hip joint, stability of pelvis & spine.

Position cuff securely around middle of foot and grasp a handle in each hand elbows bent out to the sides at shoulder level.

Inhale: bring leg across midline of the body

Exhale: perform a circle. (5 rep. each side & switch legs)



Twist

mobility spinal rotation, stability of pelvis.

Position cuff securely around middle of foot and hold both handles in one hand. Sit with one leg straight and one bent.

Exhale: bend the elbow back with eyes following movement.

Inhale: return to center (5 rep. & switch legs)

