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# *Inspirational Pilates*

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*Quality teaching for exceptional results*



## **SPINE TWIST** **(Oblique abdominals)**

START SEATED ON CHAIR / MAT.  
BACK MUST BE AS STRAIGHT AS POSSI-  
BLE

HOLD BAND TWICE THE WIDTH OF THE  
UPPER BODY.



INHALE TO PREPARE  
EXHALE AS YOU ROTATE FROM THE WAIST  
INHALE AS YOU RETURN TO THE CENTRE  
REPEAT OTHER SIDE



ENSURE CENTRE OF THE BAND IS IN LINE  
WITH CENTRE OF UPPER BODY AND HEAD  
THROUGHOUT.

DO X 5—6 EACH SIDE

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## **LAT PULL-DOWN**

**(Latissimus dorsi, posterior deltoids)**

PLACE ONE HAND IN END LOOP AND THE OTHER IN 1 OR 2 LOOPS FROM THE OTHER END.

THE STABILISING ARM POINTS DIRECTLY UPWARDS AND THE WORKING ARM IS SLIGHTLY OUT TO THE SIDE.

EXHALE AS YOU PULL THE BAND DOWN AND UPWARDS WITHOUT MOVING THE OTHER ARM.

DO 10—15 EACH SIDE

## **TRICEP EXTENSION**

**(Triceps)**

PLACE THE WORKING ARM IN THE END LOOP—THE OTHER END CAN BE STABILISED BY SITTING ON IT / HOLDING WITH THE OTHER HAND.

BAND SHOULD BE TAUT WHEN THE TOP ARM IS BENT.

EXHALE AS YOU EXTEND THE TOP ARM.

ENSURE THE BACK REMAINS STRAIGHT AND THE HEAD DOES NOT DROP FORWARDS.

DO 10—15 EACH SIDE



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Option 1



## **BENT ARM EXTENSION** **(Medial deltoids)**

PLACE FOOT IN END LOOP—PLACE OPPOSITE HAND  
IN CORRESPONDING LOOP SO BAND IS TAUT WHEN  
ARM IS RELAXED.

OPTION 1:

EXHALE — BEND ELBOW AND PULL BAND  
OUTWARDS

OPTION 2:

ADD A STEP TO THE SIDE AS YOU PULL BAND  
OUTWARDS



## **PLIE AND ARM EXTENSION** **(Upper back, Adductors)**

START WITH LEGS WIDE AND ARMS EX-  
TENDED IN FRONT OF BODY THE BAND  
IS ACROSS THE UPPER BACK.

HANDS IN END LOOPS.

EXHALE—STRAIGHTEN LEGS AND  
EXTEND ARMS TO THE SIDE  
INHALE—RETURN TO STARTING  
POSITION



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## **SEATED ROW**

**(Core abdominals, latissimus dorsi)**

PLACE BAND AROUND FEET—USE LOOPS IF  
REQUIRED.

HOLD LOOPS SO THAT THE BAND IS TAUT WHEN  
ARMS ARE EXTENDED

EXHALE—STRETCH THE BAND AND DRIVE THE  
ELBOWS BACKWARDS.

FEEL THE SHOULDER BLADES DRAWING TOGETHER  
INHALE—RELEASE



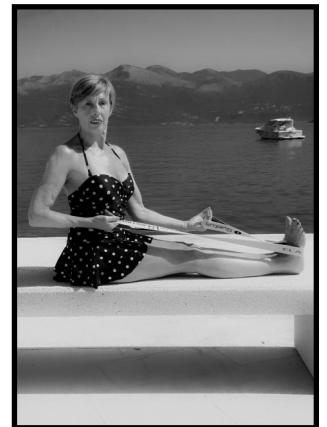
## **SEATED ROW WITH ROTATION**

**(Oblique abdominals, latissimus  
dorsi)**

EXHALE - PULL ONE ARM BACK WHILST  
ROTATING TOWARDS THAT SIDE.

INHALE - RETURN TO THE FRONT

EXHALE - REPEAT TO THE OTHER SIDE.  
DO 6 - 8 EACH SIDE



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## **DOUBLE LEG STRETCH WITH BAND**

**(Core abdominals, Quadriceps, Hip flexors)**

PLACE FEET IN CENTRAL LOOPS

HOLD END LOOPS AND TUCK THE LEGS IN  
TO THE BODY

ENSURE YOUR DEEP ABDOMINALS ARE  
ENGAGED

### **OPTION 1:**

EXHALE - EXTEND THE LEGS STRAIGHT UP AT  
90

DEGREES TO THE BODY.

INHALE - RETURN TO STARTING POSITION



### **OPTION 2:**

EXTEND THE LEGS BELOW THE LINE OF  
THE HIPS

ENSURE THE BACK REMAINS STABLE &  
NEUTRAL



### **OPTION 3:**

CURVE THE UPPER BODY OFF THE MAT AS  
THE LEGS EXTEND.

THIS WILL CHALLENGE THE GLOBAL  
ABDOMINALS

(RECTUS ABDOMINUS)

RETURN TO THE MAT WITH CONTROL

DO ANY OPTION 8 - 12 TIMES

