



PILATES MINI WORKOUT GUIDE

AT HOME FITNESS ROUTINE

Inside you will find a detailed guide to help you complete a quick and effective workout session.

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Your journey to a stronger, more flexible, and balanced body starts now.

Welcome to your Pilates mini workout! Below is a detailed guide to help you complete a quick and effective session focused on building core strength, improving flexibility, and enhancing body awareness. This routine includes modifications and advanced options to suit your fitness level. Let's get started!

Equipment Needed:

- Pilates mat or yoga mat
- Pilates ring (optional)
- Resistance band (optional)
- Water bottle
- Towel

Warm-Up

- **Breathing Exercise:** Repeat for 1 minute
 - **Pelvic Curl:** Repeat for 1 minute
 - **Spine Twist:** Repeat for 1 minute
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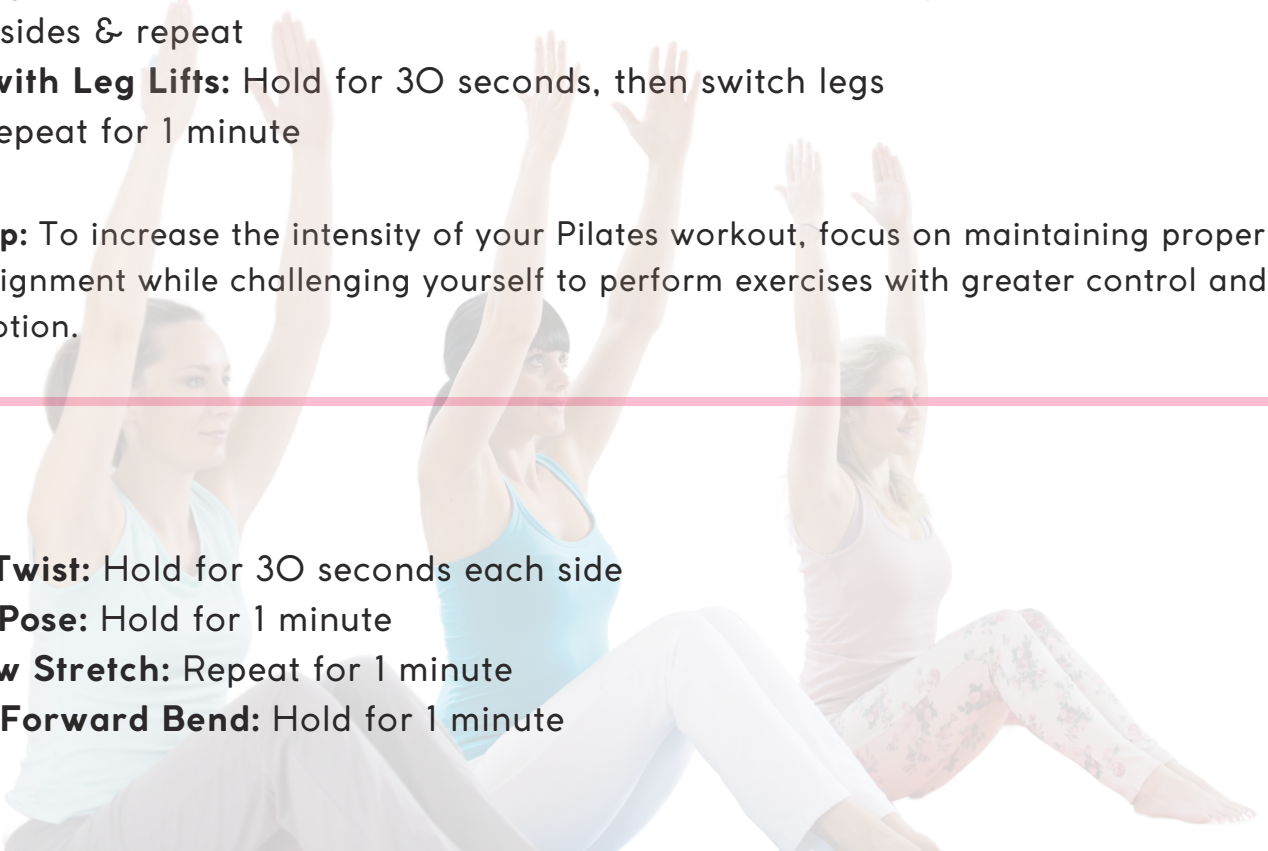
Workout - Complete 3-4 Rounds

- **Hundred:** Repeat for 1 minute.
- **Single Leg Stretch:** Repeat for 1 minute.
- **Roll-Up:** Repeat for 1 minute.
- **Side Leg Lift Series:** Repeat for 30 seconds then pulse the leg up for 30 seconds. Switch sides & repeat
- **Plank with Leg Lifts:** Hold for 30 seconds, then switch legs
- **Saw:** Repeat for 1 minute

Level Up Tip: To increase the intensity of your Pilates workout, focus on maintaining proper form and alignment while challenging yourself to perform exercises with greater control and range of motion.

Cool Down

- **Spinal Twist:** Hold for 30 seconds each side
- **Child's Pose:** Hold for 1 minute
- **Cat-Cow Stretch:** Repeat for 1 minute
- **Seated Forward Bend:** Hold for 1 minute



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Tips for Success:

- Focus on controlled, precise movements and engaging your core throughout each exercise.
- Breathe deeply and rhythmically, coordinating your breath with your movements.
- Listen to your body and honor any limitations or discomfort by modifying or skipping exercises as needed.
- Stay hydrated and cool down properly to aid recovery.

Brief descriptions of the exercise listed in this program:

Breathing Exercise: Lie on your back with knees bent, inhale deeply through your nose, expanding your ribcage, then exhale fully through your mouth, engaging your core.

Pelvic Curl: Lie on your back with knees bent, arms by your sides. Inhale to prepare, then exhale as you lift your hips towards the ceiling, peeling your spine off the mat one vertebra at a time. Inhale at the top, then exhale to lower down.

Spine Twist: Sit tall with legs extended, arms out to the sides. Inhale to lengthen your spine, then exhale as you twist your torso to one side, reaching your opposite arm towards the foot. Inhale to return to center, then exhale to twist to the other side.

Hundred: Lie on your back with knees bent, arms by your sides. Inhale to prepare, then exhale as you lift your head, neck, and shoulders off the mat, reaching your arms long by your sides. Pump your arms up and down as you inhale for 5 counts and exhale for 5 counts.

Single Leg Stretch: Lie on your back with knees bent, head and shoulders lifted, hands on one knee and the other leg extended. Inhale to switch legs, pulling the bent knee towards your chest as you extend the other leg straight.

Roll-Up: Lie on your back with arms extended overhead. Inhale to prepare, then exhale as you peel your spine off the mat one vertebra at a time, reaching for your toes. Inhale at the top, then exhale to roll back down with control.

Side Leg Lift Series: Lie on your side with legs straight, bottom arm supporting your head, top hand on the mat in front of you. Lift your top leg to hip height, then lower it down without touching the mat.

Plank with Leg Lifts: Start in a plank position with hands under shoulders. Lift one leg off the mat, keeping it straight and in line with your body. Hold for 30 seconds, then switch legs.

Saw: Sit tall with legs extended wide, arms out to the sides. Inhale to lengthen your spine, then exhale as you twist your torso to one side, reaching your opposite hand towards the little toe. Inhale to return to center, then exhale to twist to the other side.

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Brief descriptions of the exercise listed in this program:

- **Spinal Twist:** Lie on your back with knees bent, arms out to the sides. Drop both knees to one side, keeping shoulders grounded.
- **Child's Pose:** Sit back on your heels with arms extended in front of you, forehead on the mat.
- **Cat-Cow Stretch:** Start on hands and knees, inhale to arch your back (Cow), then exhale to round your spine (Cat).
- **Seated Forward Bend:** Sit tall with legs extended, hinge at the hips, and reach towards your toes.

