**The Basic Ten**

The building blocks of Pilates that focus on the abdominals and back muscles.

*A Fitness Pilates sequence for beginners/intermediate exercisers. Repeat each exercise 4-10 times.*

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|  | Exercise name | Exercise execution | Notes |
| 1 | Pelvic Curl to low bridge | pilates picture | Lying supine in a neutral spine position, legs parallel, knees bent, feet relaxed, arms by side.Inhale: No movementExhale: draw abdominals in and curl pelvis and spine off the mat.Inhale: No movementExhale: roll the spine down to starting position. |
| 2 | Supine Spine Twist | https://encrypted-tbn3.google.com/images?q=tbn:ANd9GcTHq9Gt4I4dOrGyTXOXZfsMxJcl-tFIqktViI-rDz5bl4WghUgK | Lying supine, arms in T position palms facing up, legs in tabletop.Inhale: Lower legs to one sideExhale: Draw abdominals in and return to starting position |
| 3 | Chest Lift | pilates exercise | Lying supine in a neutral spine position, knees bent, feet relaxed, fingers interlaced behind head.Inhale: No movementExhale: Lift head and chestInhale: PauseExhale: Lower head and chest to starting positionProgression: Hundreds  |
| 4 | Roll down and up | pilates roll up | Starting sitting, knees bent or straight.Inhale: No movementExhale: Draw abdominals in and start to roll back to the floor. Inhale: PauseExhale: Draw abdominals in and roll up to sitting position.  |
| 5 | Spine stretch | pilates exercises | Sitting straight, legs straight, legs shoulder width apart.Inhale: No movementExhale: roll down taking head towards knees.Inhale: Extend arms forward, palms facing each other. Extend forwards.Exhale: Return to rolled down position and release arms.Inhale: Restack the spine as roll up to starting position. |
| 6 | Side lifts | Pilates picture | Lying on side, bottom arm straight or bent with head resting on it. Hips stacked. Top arm in front for support or placed on side of body.Inhale: No movementExhale: Lift both legs with knees hip width apart. Abdominals drawn in.Inhale: Lower legs and start again  |
| 7 | Back extension | Pilates Back Exercise | Lying prone, forehead on the mat, arms beside head or beside body.Exhale: Lift head and chest slightly off the mat.Inhale: Lower body to starting position. |
| 8 | Cat stretch | yoga - cat pose back stretch | Kneel in quadruped position, hands under shoulders, knees under hips.Exhale: Draw spine into flexion (arching)Inhale: Return to neutral spineRepeat |
| 9 | Front support | Pilates Plank | Starting in quadruped position, trunk stable, reach one leg back and then the other into the front support position. Option: Reach knees back into half front support position.Exhale: Bring one leg in to kneel lightly or suspend above floor.Inhale: return to front support positionExhale: bring opposite leg in to kneel lightlyInhale: Return to front support position |
| 10 | Rest position | childs pose | Kneel with pelvis resting on the heels, trunk relaxed over thighs, arms reaching forward (or by side), neck released and forehead in mat.Breathe freely, relaxing the back and expanding the rib cage with each breath. |

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