

5 PILATES EXERCISES TO START YOUR DAY

ROLL BACKS



Start in a seated position with your knees bent, feet flat on the floor. Extend your arms out in front of you. Take an inhale to prepare, as you exhale, tuck your tailbone underneath you and roll back into a "c curve" position with your spine. Keep your shoulders relaxed.

Inhale - pause.

Exhale - draw your abs in as you return to a seated position.

Repeat 8-10x.

PELVIC CURL



Lie on your mat with your knees bent, feet flat on the floor. Make sure your feet are hip-distance apart.

Inhale - prepare.

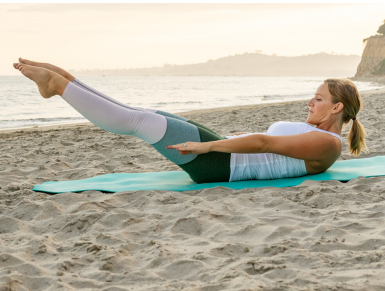
Exhale - articulate your spine up into a bridge position, one vertebra at a time.

Inhale - pause at the top and reach your knees over your toes to open up your hip flexors.

Exhale - soften your chest and articulate your spine down to the ground, one vertebra at a time.

Repeat 8-10x.

THE HUNDRED



Lie on your mat with your knees in table top position. Gently hold behind your thighs, nod your chin to your chest, and lift your head, neck, and chest up off of the mat using your abdominals. Flatten your back into the mat, reach your arms forward, and extend your legs on a 45 degree angle.

Inhale for a count of 5 - pumping your arms as you go.

Exhale for a count of 5 - continuing to pump your arms.

Repeat the breath cycle 10x. For a video tutorial, [click here](#).

BIRD DOGS



Start on all 4's, with a long, neutral spine. As you inhale extend your right leg behind you and reach your opposite arm up toward your ear. Hold the position to find balance and engage your core.

Exhale: return to starting position.

Inhale: extend your other arm + leg

Alternate sides.

Perform 10 reps on each side.

SIDE PLANK



Lie on your side with your elbow directly under your shoulder. Stack your feet one on top of the other, or place your top foot in front of your bottom foot.

Inhale: to prepare.

As you exhale: lift your hips up off the mat, engage your upper back, lengthen through your spine, and reach your top arm up to the sky.

Hold for 10 slow breaths. Repeat on the other side.

