

# 5 DAILY PILATES EXERCISES



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.



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](#).



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. Place both hands on your right knee, as you extend your left leg out on a 45 degree angle.

Inhale - switch legs, drawing your bent knee in toward you, and flexing at the hip crease.

Exhale - switch legs.

Perform 8-10 reps on each side. For a video tutorial, [click here](#).



Lie on your back with one leg lengthened on the ground and the other reaching toward the sky (feel free to bend your knees as a modification). Engage your deep core muscles and try to maintain a stable pelvis as you circle the leg:

Inhale - cross your top leg over mid-line and circle the leg down around and back up to starting position.

Exhale - repeat.

Perform 8 leg circles in each direction. Repeat on the other side. For a video tutorial, [click here](#).



Lie on your back with your legs reaching long down the mat and your arms up by your ears.

Inhale - begin to reach your arms toward your toes as you lift your head, neck, and chest off of the mat. // Exhale - drop your ribs back into the mat as you roll your body up and stretch forward over the toes.

Inhale - lift your torso to a seated position. // Exhale - roll your body back down to the mat with control, rolling through your spine as you go.

Repeat 8-10x. For a video tutorial, [click here](#).

