

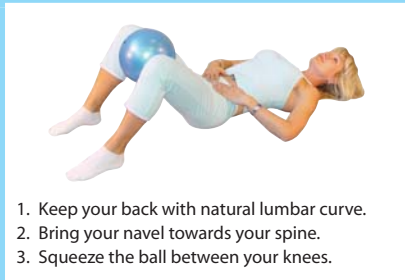
Sequence

1

Abs, Back & Bum Buster

EXERCISE TIP 1

Never hold your breath while exercising.



1. Keep your back with natural lumbar curve.
2. Bring your navel towards your spine.
3. Squeeze the ball between your knees.



1. Maintain your start posture.
2. Keep your palms facing upwards.
3. Complete the movement up & down slowly.

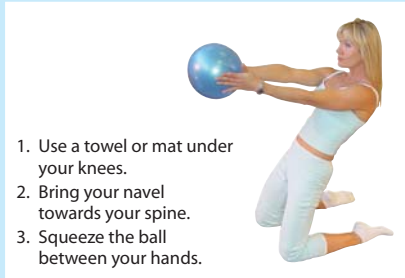
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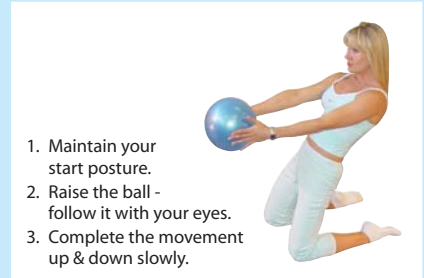
Reach For the Stars

EXERCISE TIP 2

Elongate your body - always think tall.



1. Use a towel or mat under your knees.
2. Bring your navel towards your spine.
3. Squeeze the ball between your hands.



1. Maintain your start posture.
2. Raise the ball - follow it with your eyes.
3. Complete the movement up & down slowly.

Sequence

3

Buttocks & Back

EXERCISE TIP 3

Relax your shoulders when you work your legs.



1. Bring your navel towards your spine.
2. Squeeze the ball between your feet.
3. Lift your thighs off the floor while tightening your buttocks.



1. Maintain your start posture.
2. Extend your legs.
3. Return to start position, maintain pressure on the ball.

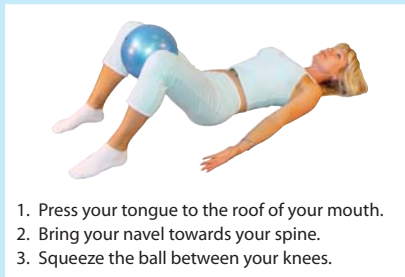
Sequence

4

Abs & Thigh Crusher

EXERCISE TIP 4

Focus on your whole abdominal wall.



1. Press your tongue to the roof of your mouth.
2. Bring your navel towards your spine.
3. Squeeze the ball between your knees.



1. Maintain your start posture.
2. Roll your body forward till fingers pass the knees, your back only raises a little.
3. Hold & breath to your Pilates Floorwork.

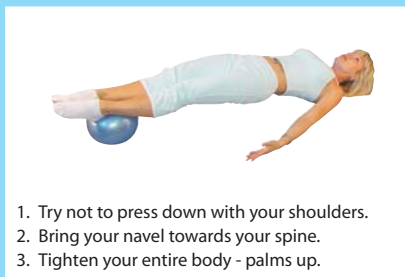
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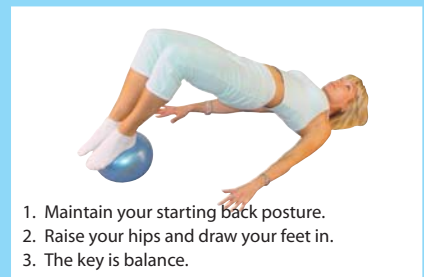
Plank with Hip Extension

EXERCISE TIP 5

Press your tongue to the roof of your mouth to activate deep neck muscles.



1. Try not to press down with your shoulders.
2. Bring your navel towards your spine.
3. Tighten your entire body - palms up.



1. Maintain your starting back posture.
2. Raise your hips and draw your feet in.
3. The key is balance.

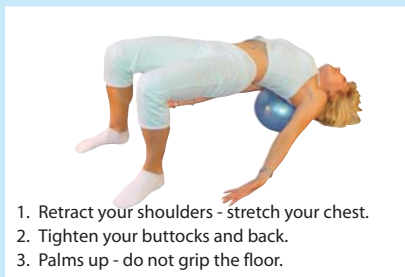
Sequence

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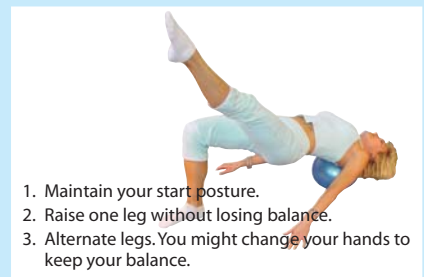
Bridge with Leg Extension

EXERCISE TIP 6

If you get light headed or nauseus when head is back in any exercise, stop the exercise and see your physiotherapist.



1. Retract your shoulders - stretch your chest.
2. Tighten your buttocks and back.
3. Palms up - do not grip the floor.



1. Maintain your start posture.
2. Raise one leg without losing balance.
3. Alternate legs. You might change your hands to keep your balance.