



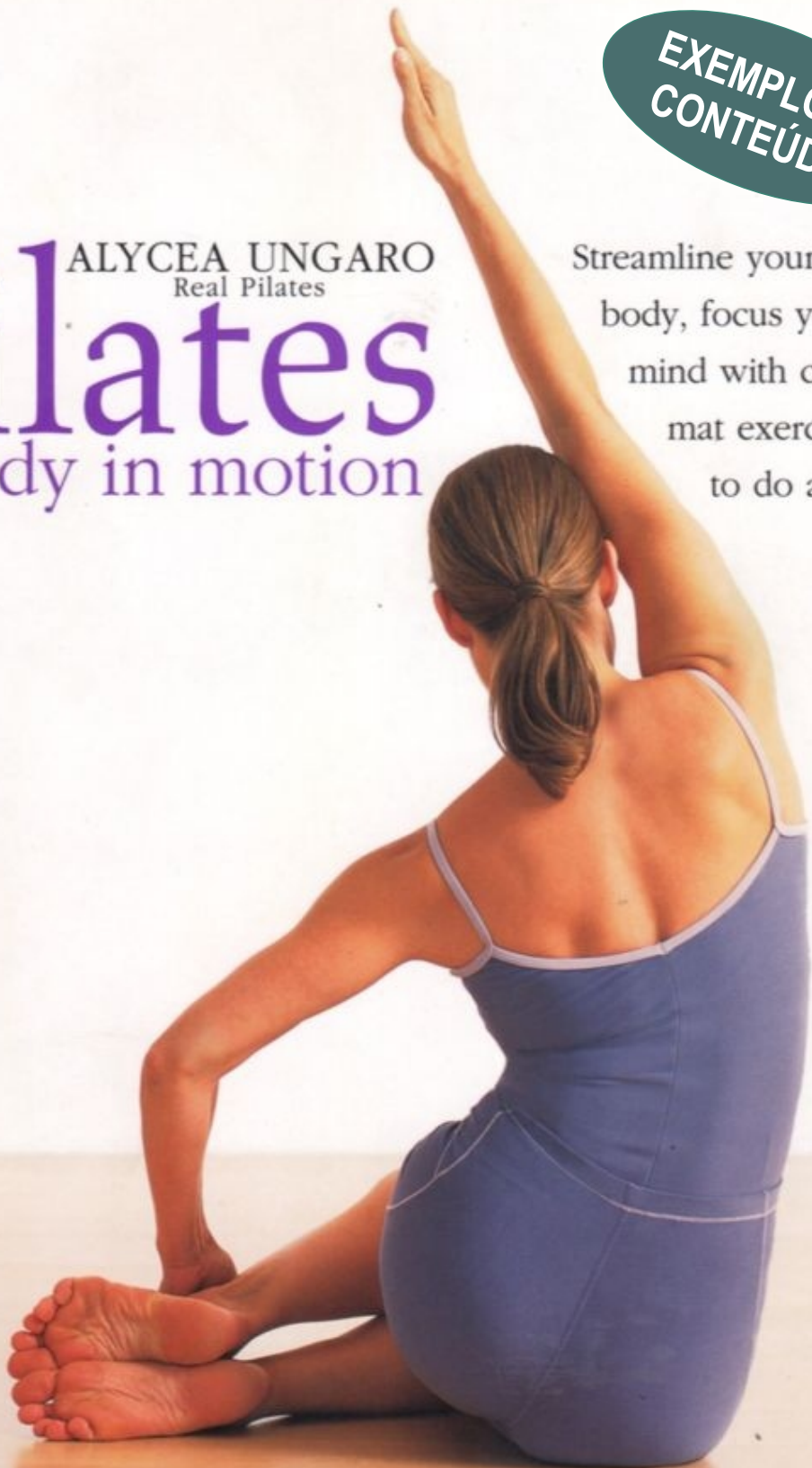
EXEMPLO DE
CONTEÚDO!

ALYCEA UNGARO
Real Pilates

pilates

body in motion

Streamline your
body, focus your
mind with classic
mat exercises
to do at home



THE HUNDRED

The Hundred is the first exercise of Joseph Pilates' original regimen. In this Introductory version, you will warm up your body to prepare for the rest of the matwork. Inhale fully and exhale completely throughout the exercise – these deep breaths will stimulate your circulation and build stamina.

REPETITIONS 5–10 sets of full breath cycles (50–100 pumps).

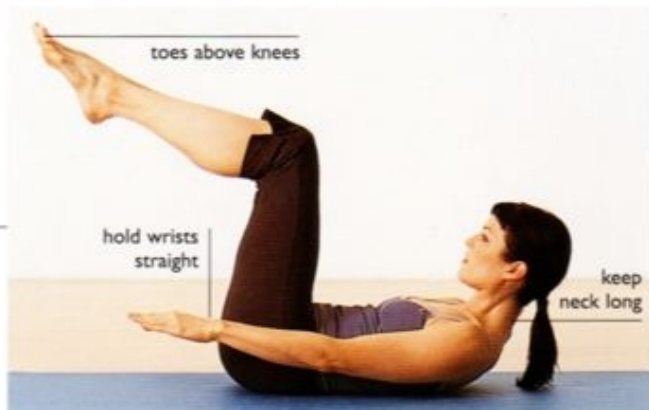
CAUTION A shoulder injury may limit your ability to pump your arms. You may simply reach long, or pump softly. If you develop neck pain, lower your head.

VISUALIZATION Imagine your lungs are like balloons that expand and collapse with each breath.



1 Lie on your back to begin, with both knees drawn in to the chest. Feel the entire length of your spine on the mat.

2 Use your powerhouse to lift your head and shoulders up, reaching the arms just above the mat. Extend your legs up, keeping your knees bent and the toes just above the knees.



At a glance



Breathe in for 5 pumps.....Breathe out for 5 pumps.....Rest

ROLLING LIKE A BALL

This exercise is the one you are most likely to “cheat” your way through. Performed at the proper tempo, your muscles will work to their threshold. If you roll too quickly, the benefits of the exercise are lost. Pay close attention to your form, adjusting your rhythm and position in order to challenge yourself.

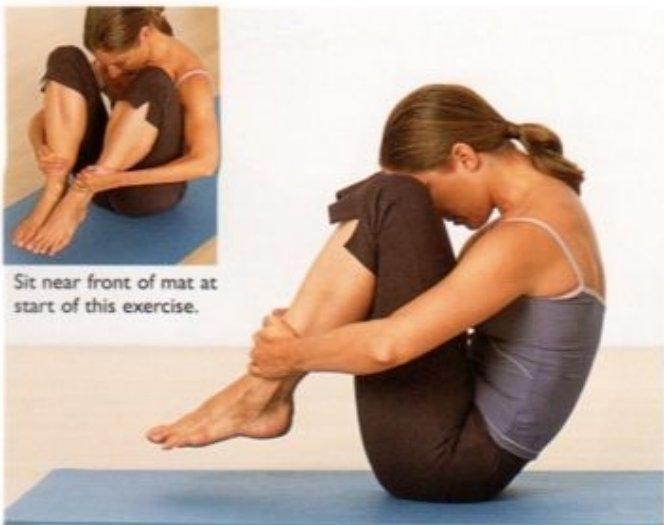
REPETITIONS Repeat entire sequence 6–10 times.

CAUTION If you have a severe scoliosis, you may omit this exercise. Use discretion if you have a history of back injury.

VISUALIZATION Imagine you have been stuffed inside a bubble. If you lose your “ball” shape, you’ll pop the bubble.

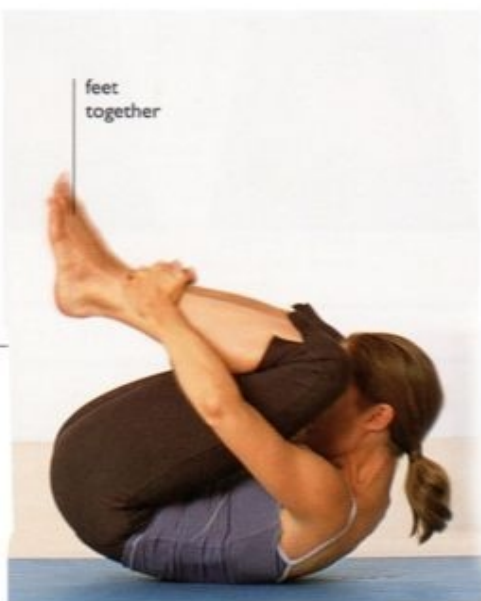


Sit near front of mat at start of this exercise.



1 Balance on your sit-bones and clutch one ankle in each hand. Pull your feet close to your buttocks and place your head squarely between your knees.

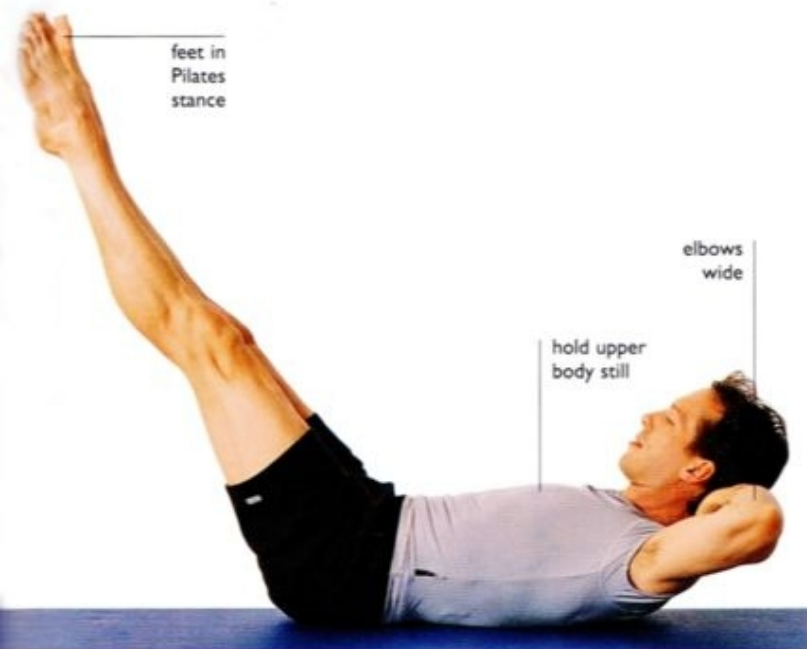
2 Inhale and roll back on the mat, keeping your shape uniform. The feet should stay close to the buttocks, while the head remains between the knees.



At a glance



Inhale to roll back..... Exhale to roll up..... Repeat

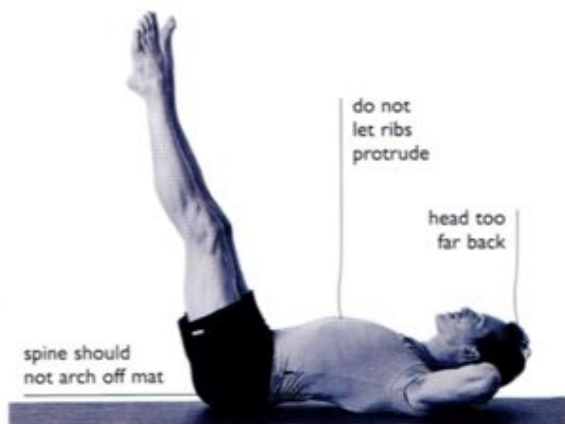


ALTERNATIVE HAND POSITION

If you have a delicate back or experience any back pain while performing this exercise, place your hands as shown to brace the lower back. In this position, press the elbows down to the mat and continue with the exercise.

3 Inhale and slowly reach your legs away from you for 3 counts. Exhale and return the legs to the ceiling in one swift motion. Repeat 5–10 times. Return to Step 1 position only if you need to rest. **TRANSITION:** *Keep your upper body elevated and bend both knees in to the chest to prepare for the Criss-Cross (pp78–79).*

HEAD-TO-TOE CHECKLIST



- **If your back** arches off the mat as you lower your legs, you are taking them too low. Lower your legs only to your point of control. As your level of control improves, you may lower the legs further.
- **Do not allow** your legs to go past perpendicular or 90° when raising them. In addition, the buttocks

must never rise off the mat as you return your legs to the ceiling.

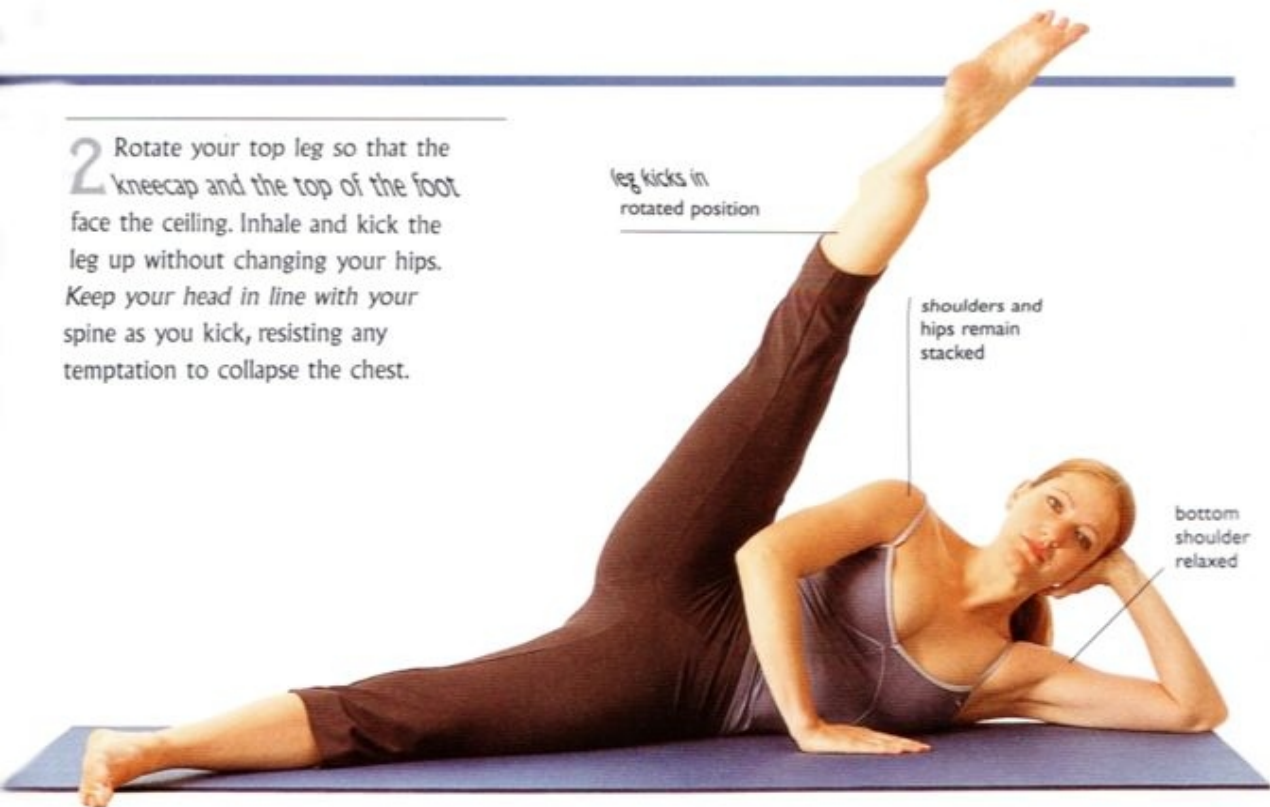
- **Check** that you are initiating from the abdominals to move the legs and not relying on speed or momentum.
- **As the legs** move up and down, do not distend the abdominals. Instead, hold the ribs in firmly to keep your girdle area flat.

2 Rotate your top leg so that the kneecap and the top of the foot face the ceiling. Inhale and kick the leg up without changing your hips. Keep your head in line with your spine as you kick, resisting any temptation to collapse the chest.

leg kicks in rotated position

shoulders and hips remain stacked

bottom shoulder relaxed



3 Exhale and slowly lower the leg with resistance. Aim the top heel just past the bottom heel. Reach the leg as long as possible, lengthening your waist. Repeat 5–10 times. For an additional challenge, place the hand on the mat behind the head for the last 5 kicks. TRANSITION: Move directly on to the Side Kicks: Circles (see ppl04–105).

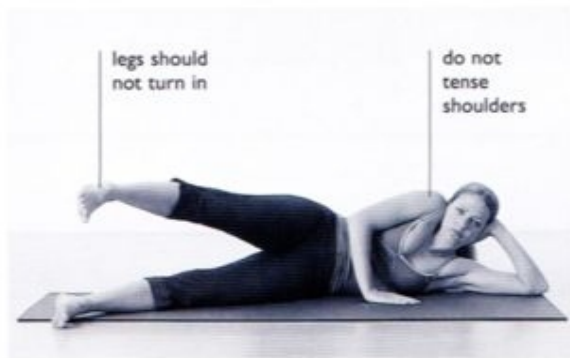
top leg reaches longer than lower leg



HEAD-TO-TOE CHECKLIST

legs should not turn in

do not tense shoulders



- **The neck** and shoulders remain relaxed.
- **Stabilize** the body with the powerhouse. Nothing moves but the kicking leg.
- **Activate** the buttocks to rotate the leg. The heel faces down and the toe faces up.
- **Pay special** attention to

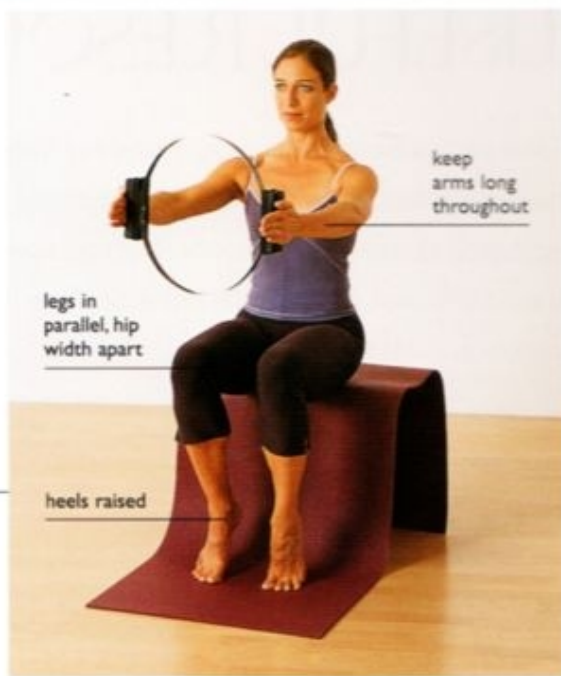
the top hip as you kick the leg. Do not allow it to shift back or fall behind the bottom hip.

- **Imagine** yourself from above: the shoulders and hips remain stacked.
- **Stretch the leg** long as you lower it but do not grip the thigh muscles.

MAGIC CIRCLE: ARMS

Take a seat for the final two Magic Circle exercises – a low chair or stool will provide the best position for performing these. Lengthen your waist each time you squeeze the Circle, strengthening the muscles of the arms and chest.

Hold the Circle with outstretched arms. Lift your heels and press the balls of the feet down into the floor. Tighten your bottom, but do not tuck under, as you squeeze the Circle. Hold for 3 counts and slowly release. Repeat 3–5 times.



MAGIC CIRCLE: INNER THIGHS

We conclude the Magic Circle work with a seated inner thigh exercise. Once again, we focus on narrowing the waistline as well as on posture and alignment. With the feet flat on the floor, position the heels as close together as possible.

Place the Circle – facing straight out – at the fleshy part of your thighs, just above your knees. Cross your arms over one another from fingertips to elbows. Exhale as you squeeze the Circle and hold for 3 counts. Slowly relax. Repeat 3–5 times.



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body in motion

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ANNOTATED PICTURES highlight common mistakes and show how to avoid them when performing the exercises

SUITABLE FOR ALL AGES and levels of fitness

A qualidade do material impresso é superior a este documento, que foi digitalizado apenas como demonstração de conteúdo.

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