

Pilates Core Igniter Programme



Body Rock (balance and control) roll onto balls of feet and then back into heels. Close eyes to focus. Relax shoulders. Draw abs in gently. Lift arms to ceiling and balance.



Try to release chest as you raise the arms into a broad V shape (thoracic area)- "lift heart to ceiling."

Chest releases V stretch

Roll down to the floor



Starting in All Fours engage the area around back passage moving to middle passage then front passage, then releasing front, middle and back. Try to make it a wave of muscular contraction flowing forwards and back.

The Wave Pelvic Floor Activation



Extend and lift right leg to hip height with left arm, maintain abdominal hollowing. Release limbs but not abs and switch sides. Eye line looking diagonally down. Repeat **5** times each side. Take it slowly and steadily trying not to wobble.

Four Point Challenge (Abdominal control and spinal release)



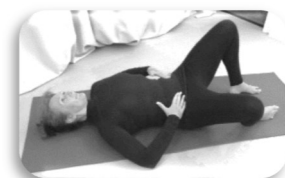
Set pelvis in neutral, hips bones even, (champagne glass balanced across lower tummy) inhale (Pelvic floor) exhale draw in tummy, slide R heel away from bottom, L arm above head. Inhale as both arm and leg come back to the centre. Keep hips still, repeat other leg and arm. Repeat **5** times.




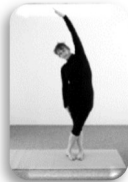
Heel Slides & See Saw Arms Start with heels only, then arms then both together



Lying on your back, inhale and imagine you are drawing your hip bones together and slowly let 1 knee drop out to the side. Ensure the other knee stays still and hips don't tilt. Draw back to centre and repeat on the other side. 4 each side in total- Keep the ribcage drawn down.

Knee Drops To wake up your core



<p>Lie on back, knees bent. Keeping shoulders glued to mat, rotate knees side to side- only go as far as the knees stayed glued together.</p>	<p>Knee Rolls</p>	
<p>Roll over into All 4's</p>		
<p>Take one hand and reach between the gap of the other side leg and arm, rotating the back and dropping the shoulder until you feel a light stretch, repeat other side. Do 3 complete sets.</p>	<p>Thread the Needle</p>	
<p>From All 4's push hips to the ceiling and walk on the spot so that 1 heel at a time pushes away into the mat. Repeat 5 each side and then come gradually back up to standing. Aim to keep the legs straight, but if it is too difficult you can soften the knee.</p>	<p>Walking Elephant</p>	
<p>Cross right leg in front of left- reach up and over with right arm (hold for 10 seconds) release and lift left arm. Switch legs and repeat. Open up from the ribs.</p>	<p>Standing Mermaid (Side stretch)</p>	

All releases to be done when you are warm and have been up for 10 minutes in the morning to allow the body to respond at its best.

Always consult a qualified medical professional before beginning any nutritional program or exercise program. Any content or information provided by "Better Body Training" is for informational and educational purposes only and any use thereof is solely at your own risk. "Better Body Training" bears no responsibility thereof.