

SOME DETAILS FOR PILATES

1. Possible modifications for some movements are:
 - a. When you are on your back on the mat, knees can be bent when you are to keep you legs straight out on the mat, or when you legs are to be lifted for the movement, ...or...
 - b. If your legs are to be at about a 45 degree angle, or straight but down closer to the mat, you can keep your legs lifted straight up (and/or, knees can be bent)
2. When doing most of the leg lifting poses, while on your back, keep your low back pressed firmly into the mat. A good rule of thumb as to how far down you lower your legs is stop when you feel your low back start to arch off the mat, and move your legs back up a little bit.
3. Pilates scoop – this is pulling the abs in and up, belly button toward the ribs. Do this *usually* when you exhale while doing a movement, then release the pull a little or completely so you can inhale.
4. Pilates stance – in many poses, especially when the legs are lifted, try to keep the legs squeezed together, toes pointed., legs straight or knees bent a little stated above. So when I say Pilates Stance, this is what it will mean.

BREATHING

This is an important aspect of Pilates. Generally you will exhale when you tuck or bend or twist and inhale when you return to starting point, but not always. The key is to move *while* you are either exhaling or inhale, so you finish reaching or moving or lifting when you finish the exhale or inhale.

For example, when doing a crunch, you would inhale *before* you start the move, exhale while you lift your shoulders and crunch (and scoop), then inhale when you lower your shoulders back down to the mat. Sometimes you will hold a position while taking a full breath (inhale and exhale, or exhale and inhale) then release on the next ½ of the breath.

For example, when lifting your hips in bridge pose, we might lift while inhaling, hold up while you exhale AND inhale again, then lower your hips while you exhale.

RESTING

When we do a number of reps for a movement, you can, if you need to, rest whenever you feel you have completed as many as reps you can, then you can re-join us when ready. For example, if we do 10 crunches, but you can do 5, then need to rest, try resting for just 2 or 3 reps, then join us again at the beginning of the next rep. For example, do 5 reps, rest for 3, then do the last two with us.

MOVING TOGETHER

Although we all have different abilities and limitations, we should always try to move together when doing the Pilates exercises. That way we keep the count correct, and we can focus more on the breath and correct form.