

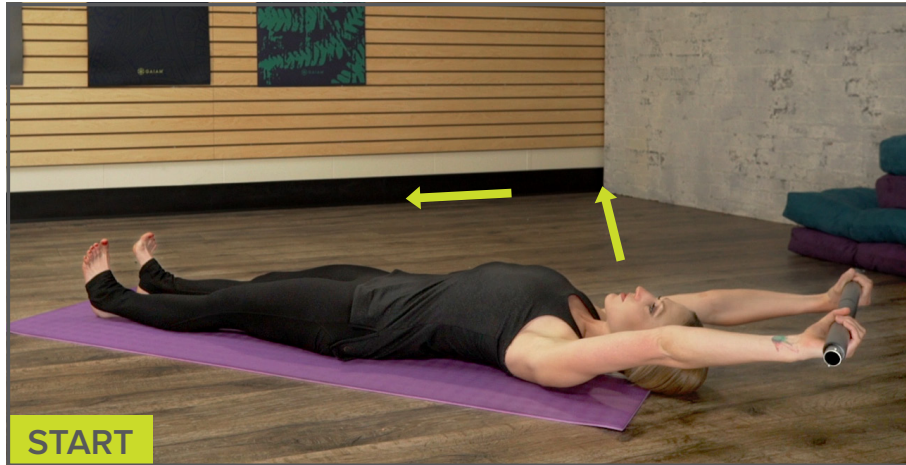


# PILATES BAR EXERCISE GUIDE

## EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Rest approximately 30-60 seconds between each movement.
- Perform movements in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements.
- If unable to achieve moderate to maximal fatigue following the completion of a movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

### 1. ROLL UPS



Extended legs with pointed toes and arms above head. Keep abs contracted.



Sitting up with legs and arms forward. Bring feet down to floor as the upper body rolls up, bring bar toward feet.

### 2. CONTROLLED HIP LIFTS



Lying on back with bar underneath legs, arms to side, legs in air and toes pointed. Keep abs and glutes contracted.

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program.



Hips lifted with arms extended. Use bar for support — reach with arms. Lift hips.



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### 3. PILATES 100



Lying on back with arms by side. Foot straps on both feet. Arms extended.



Head and shoulder lifted with arms by side. Pump arms while inhaling and exhaling through nose.

### 4. SINGLE LEG CIRCLE



Lying on back with one leg in air the other extended on floor. Both straps on one foot. Pointed toes and stable torso.



Lying on back with leg in air move to a side circle motion. Circle both directions and switch sides.

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### 5. SINGLE LEG BIKE



Laying on back with one leg in air. Both straps on one foot and point toes.



Laying on back with leg in air in a bicycle motion. Move legs in bicycle pedaling motion.

### 6. DOUBLE LEG STRETCH



Laying on back / curl in ball form. Foot straps on both feet. Bend knees into chest and lift head.



Laying on back with legs, arms extended and neck off ground. Inhale and lengthen body then exhale and pull in.



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### 7. LEG CIRCLES



**START**

Laying on back, head lifted, legs extended and together. Foot straps on both feet.



**FINISH**

Laying on back, head lifted, legs extended and legs apart. Lower legs and circle legs in controlled motion.

### 8. LEG OPENERS



**START**

Laying on back, legs extended, legs together and toes pointed outward. Rotate legs open slightly.



**FINISH**

Laying on back, legs extended, legs apart and toes pointed. Open and close in a controlled motion. Squeeze as you close legs.