

Pilates Short Routines

Routine 1 - Stretch

1. Warm up
2. Cat Stretch
3. Crocodile Stretch – Left
4. Hip Twist
5. Crocodile Stretch – Right
6. Full body Stretch
7. Shoulder Bridge

Routine 2 – Stomach

1. Warm up
2. Cat Stretch
3. Hip Twist
4. Roll up on to the shoulders
5. Roll down/up – knees bent – add holding and arm variations
6. Side kick – left
7. Roll down/up – legs straight – use band, holding and arm variations
8. Side kick - right
9. Full body stretch
10. Shoulder Bridge

Routine 3 – Stomach/Backsides – Variation 1

1. Warm up
2. Cat Stretch
3. Hip Twist
4. Roll up on to the shoulders
5. Open/close – left – use band around the thighs
6. Roll down/up – knees bent or straight – add holding and arm variations
7. Open/close – right – use band around the thighs
8. Full body stretch
9. Shoulder Bridge

Routine 4 – Stomach/Backsides – Variation 2

1. Warm up
2. Cat Stretch
3. Crocodile Stretch position – knees up to hip line – top leg straight – up/down to hip height
4. One hip/leg circle – band around foot that you have just worked – circles under control
5. Single leg stretch – right or left leg
6. Crocodile Stretch position – knees up to hip line – top leg straight – up/down to hip height
7. One hip/leg circle – band around foot that you have just worked – circles under control
8. Single leg stretch – right or left leg

9. Hip twist
10. Full body Stretch
11. Shoulder Bridge

Routine 5 – Stomach/Backsides – Variation 3

1. Warm up
2. Cat Stretch
3. Crocodile Stretch position – knees up to hip line – top leg straight – up/down to hip height
4. One hip/leg circle – band around foot that you have just worked – circles under control
5. Lying on back – hands over your head – roll up and touch knees or ankles
6. Crocodile Stretch position – knees up to hip line – top leg straight – up/down to hip height
7. One hip/leg circle – band around foot that you have just worked – circles under control
8. Double leg stretch – with or without band
9. Hip twist
10. Full body Stretch