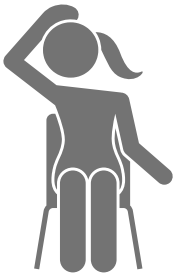


rbhfitness

www.rbhfitness.co.uk

Seated & Pilates Exercise to do at Home

This booklet includes Pilates exercises that I have been coaching with you over the past year. I don't often give out exercise sheets as I am never certain of the interpretation - so please do these with my voice in your head on the smaller teaching points.

Always begin with your warm up:

- Check your posture - middle knee cap to second toe, hips under shoulders, sternum lifted, shoulders down and chin in.
- Take 3 slow deep breaths in and out before beginning to mobilise.
- Start at your shoulders, with small, medium and larger movements, slow side bends, and controlled waist twists.
- Move onto your feet and ankle peddles, then knee lifts with chair to help balance if need be.
- On floor do spinal and core prep with contract & relax of deep abdominals.
- Move onto hip mobility with side to side hip rolls.
- Prep for exercise with practice of breath control and dead bug.
- At the end of the class, try some stretches, and deep breathing.
- Come up to standing in stages, with a seated or kneeling stretch and then correct posture at end before completing with our breathing exercises of In, In, and slow out, x 3.
- Get in touch for any alternatives that you are not sure about

Enjoy the workout
Enjoy the journey
Be yourself and listen to your body

Diolch

Rachel x

Classes start back on 13/01/25

Please book in advance with your Pass Y Borth & Aber to guarantee your place

- Monday - 11am Seated Pilates, 12pm Back Care Pilates - Y Borth
- Tuesday - 6pm - Mat Work Pilates - Y Borth
- Thursday - 11am Back Care Pilates, 12pm Pilates Strong & Steady, 1pm Back Care Pilates - Waunfawr, Aberystwyth

Side Lying Stretch

- Lie on your back with your knees bent
- Drop both knees to the side and breathe out slowly
- You can increase the stretch by place your hand on top of the knee and applying slight pressure to hold the stretch position.
- Repeat other side.
- Hold for around 6 – 10 seconds

Cat & Camel

- Begin the exercise on all fours
- Check alignment – knees directly beneath each hip, arm placed beneath the shoulders, with wrist elbow and should joint in alignment but not locked. Spread the fingers wide for a stable base, with the middle finger facing forwards.
- Breathe in to begin and start to arch the back.
- Draw the navel to the spine and tuck the tailbone in
- The head and neck relax, but face down with the chin tucked towards the sternum.
- As you exhale, elongate the spine and imaging you are putting your head through a polo neck jumper
- Feel the spine becoming longer and imaging the neutral spine position.
- Then reverse, and hyperextend the spine

Child's Pose

- Lie on the floor – keep your knees bent and feet flat.
- Slowly drop your knees to the side, allowing gravity to pull your knees down towards the floor.
- Don't worry if your shoulders come off the floor – allow them to sink back once you have your knees in position.
- Try to stay here for around 30 seconds - and increase the time, as you get more flexible.
- Before changing sides, it is important that you pull your stomach muscles in tight.
- Repeat on the other side.
- Childs Pose
- From all fours, sink hips to heels
- Tuck head in and rest on hairline (long neck)

The Exercises

Dead Bug

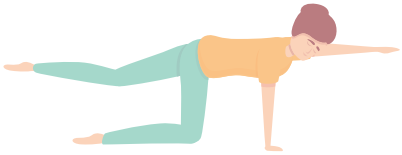
- Dead Bug can be used as a good starting point for core and pelvic floor work . It can be modified by placing your feet on a chair or against a wall and one or two legs can be lifted.
- Start by lying on your back, arms extended to the ceiling, and shoulder distance apart, palms facing inwards.
- Breathe in and then as you breathe out, connect to the core and floor and draw abdominals in and down.
- Slowly raise one leg, knee over hip, shin parallel to floor and foot in line, or higher than the knee.
- If you can maintain a stable spinal posture, then you can also raise the other leg. Ensure no doming of the abdominal wall.
- Chin in, shoulders down and breathe easily.
- Rest when you start to feel fatigued and unable to maintain posture and keep core contracted.
- Repeat until you have mastered

Standing Side or Rear Leg Lift

- Using a back of a chair for help with balance if you want, stand tall, hold core and then lift one leg behind you
- Hold for 5 seconds and squeeze buttocks.
- Use opposite arm if you can
- To make more challenging – do not hold onto the chair
- Be careful not to arch back. Keep posture tall and support core
- Repeat 20 times

McGill Sit Up No 6

- Lie on back, feet hip distance apart and knees bent.
- Slide both hands underback, in the space between your ribs and pelvis. You should be able to touch finger tips under your lower back.
- Chin tucked in. Breathe in and as you breathe out lift your head slightly and slide your foot away until your leg is straight.
- Hold, then lower slowly and repeat.
- To increase the challenge, you can try to raise your foot about 2cm off the floor and maintain abdominal contraction.



Swimming

- Begin the exercise on all fours.
- Ensure correct alignment - hands are placed beneath your shoulders, fingers spread wide, your knees beneath your hips, feet flat onto the floor. Draw the scapular down and have along neck. Chin pulled towards the sternum.
- Breathe in and contract through the Pelvic Floor and TVA to ensure pelvic stability. Ribs should be flat against the abdominal wall.
- Reach the hand forward and place finger tips on to the floor.
- Slowly lift the arm whilst aiming to maintain good spinal alignments. The arms should be able to extend to just above the ear. Thumb up.
- Repeat on other arm
- Repeat sequence using the legs.
- Extend one leg behind – make sure that the toe remains in contact with the floor.
- Once spine is stable, lift leg, foot flexed, until the heel is in line with the buttock
- Do not allow the lower back or head to droop
- Repeat on other side.
- To increase challenge then use opposite arm and leg, but check for spinal alignment and balance
- Modification, use light dumbbell for either lateral or forward raise.

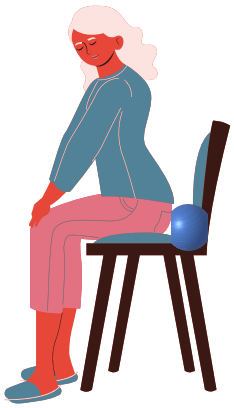
Moving Bug

- Moving on from the "Dead Bug" we can start to introduce the movement of arms and legs.
- The same principles of stabilisation as the Dead Bug, but then you can add a movement of either the arm, or leg, or both (on opposite sides

- The aim is to ensure that the spine is stable whilst the limbs are moving.
- If you can, try to touch the floor at the same time.
- The same principles of stabilisation as the Dead Bug, but then you can add a movement of either the arm, or leg, or both (on opposite sides
- Breathe out on exertion.

Seated Exercises

Knee Lift



- Sit comfortably on your chair, using your Pilates Ball to support your lower back.
- Take a breath in, and as you breath out gently, hold your tummy muscles in and slowly lift one foot off the floor without slumping. Hold for a few seconds and recover.
- Repeat on right and lift for 4 times, without losing posture.
- If you want to make it more challenging, add in the opposite arm as a lift arm as far as comfortable (blow out the candles!), thumb up and no higher than shoulder height.
- Repeat 4 times
- Rest with side bends and stretches
- Then hold the ball in front of you, and squeeze with your hands, or palms, breathe out, and lift leg, or lift and extend leg whilst squeezing the ball and stomach muscles.
- Repeat 4 times

Nadolig Llawen

As Christmas draws near, I want to sincerely thank each of you for your support over the past year. Your dedication and commitment to fitness have made the classes a pleasure to lead.
Wishing you a Christmas filled with joy and special moments with your loved ones, and a New Year full of good health, success, and progress on your fitness journey.

Wrth i'r Nadolig agosáu, dw i eisiau diolch o galon i chi gyd am eich cefnogaeth dros y flwyddyn ddiwethaf. Mae'ch ymroddiad a'ch brwdfrydedd wedi gwneud y sesiynau'n bleser i arwain.
Gobeithio y cewch Nadolig llawn llawenydd a phrydferth eiliadau gyda'ch anwyliaid, a Blwyddyn Newydd llawn iechyd, llwyddiant, a chynnydd ar eich taith ffitrwydd.
Cofion Cynnes
Rachel x