

OPPC Wk2: Pilates in Flow

Standing

Multifidi Awareness

Finding neutral in standing (try with bent knees if that makes it easier for you)

Roll Down to ...

Kneeling

Cat / Cow to find neutral

Pregnant Cat

Lying Supine

Pelvic Rocking to find Neutral

Breathing: Diaphragmatic

Breathing: Posterior Lateral

Fingertip Abdominals

Marching or Toe Taps

Abdominal Curls

Abdominal Curls with Rotation

Side Lying

Pelvic Pushes (don't forget: both sides!)

All Fours

Pregnant Cat

Opposite Arms and Leg Reach