

## OPPC Wk3: 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

Cat / Cow for spinal articulation

Tail Wag

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

Bridging:

- Pelvic Curls
- Pelvic Tilts
- Typewriter
- Marching

### **Prone**

Mini Swan

### **Side Lying - Left Side**

Pelvic Pushes

Bananas

### **Prone - again**

Rockets

### **Side Lying - Right Side**

Pelvic Pushes

Bananas

### **All Fours**

Pregnant Cat

Opposite Arms and Leg Reach