

OPPC Wk 4: Pilates in Flow

Standing

Multifidi Awareness
Finding neutral in standing (try with bent knees if that makes it easier for you)
Shoulder Mobilisations (new)
Ron's Clock (new)

Kneeling

Cat / Cow to find neutral
Cat / Cow for spinal articulation
Hip Circles (new)
Hip & Shoulder Circles (new)
Tail Wag
Pregnant Cat

Side Lying

Telescope Arms (new)
Pinwheel (new)

Lying Supine

Pelvic Rocking to find Neutral
Breathing: Diaphragmatic
Breathing: Posterior Lateral
Fingertip Abdominals
Marching or Toe Taps
Elbow Slip (new)
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
Sternum Drop (new)
Opposite Arms and Leg Reach
Plank Prep (new)

Standing

Wall Push Ups (new)