

## OPPC Wk 5: Pilates in Flow

### Standing

Head Rotations (new)  
Chin Pull Backs (new)  
Multifidi Awareness  
Shoulder Mobilisations (new)  
Finding neutral in standing  
Ron's Clock

### Transition

From standing to all fours (new)

### Kneeling

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

### Side Lying

Telescope Arms  
Pinwheel

### Lying Supine

Pelvic Rocking to find Neutral  
Breathing: Diaphragmatic  
Breathing: Posterior Lateral  
Fingertip Abdominals  
Marching or Toe Taps  
One Hundred Progressions  
Roll Downs (new)  
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

### Transition

From all fours to standing (new)

Transitions: Flow

### Standing

Wall Push Ups