

OPPC Wk 7: Pilates in Flow

Standing

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

Transition

From standing to sitting

Sitting

Adductor Stretch
Kathy's Accordion
Spine Stretch Forward
Single Lung Breathing (new)
Spine Stretch Side (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
Pelvic Clock (new)
Fingertip Abdominals
Marching or Toe Taps
One Hundred x50 (new)
Roll Ups Roll Downs
Roll Ups Roll Downs: oblique
Roll Ups Roll Downs: reach
Elbow Slip
Abdominal Curls
Abdominal Curls with Rotation
Spine Twist Supine

Hamstring Stretch (new)
Rolling like a Ball (new)
Single Leg Stretch (new)
Double Leg Stretch Prep (new)

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
Opposite Arms and Leg Reach
Plank Prep

Transition

From all fours to standing

Transitions: Flow

Standing

Wall Push Ups