

## OPPC Wk 8: 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  
Spine Stretch Side

### **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**  
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

### **Rolling like a Ball**

### **Single Leg Stretch**

Double Leg Stretch Prep

### **Bridging:**

- Pelvic Curls
- Pelvic Tilts
- Typewriter
- Marching

### **Prone**

Rockets  
Mini Swan  
Child's Pose (new)  
Quadriceps stretch (new)  
**Single Leg Kicks (new)**  
Child's Pose (new)

### **Side Lying - Both Sides**

Pelvic Pushes  
**Side Leg Lifts (new)**  
**Side Kicks (new)**  
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