

Pilates 100

- Begin in neutral position on the floor
- Place your shoulder blades underneath you with the palms facing up
- Tilt your pelvis and contract your core. If you cannot contract your abdomen, come up in a partial sit up and feel your abs contract Bring your head back down, keeping that same contraction
- Very slowly, slide your legs up to a 90 degree angle
- Turn your palms facing down and pump your arms up and down, 1,2,3,4,5. Repeat
- If thats too easy for you, pull your shoulders off the ground, keeping your head in neutral position. DO NOT strain your neck. Then legs straight and your heels off the ground, continue with the pumping motion

