

ReSTORE YOUR CORE: 10 Minute Drill@ copyright Get ReFormed Pilates (02/2021)

Props: Pilates MAT; Small Core Ball /Child's playball deflate slightly; Dumbbells (3/5 or 8 lbs.)

PUSH-UPS

*From Knee position OK
Arms Wide Stance; Fingers Spread*

1 Minute

15- Second Transition
To Sit-Ups

SIT-UPS

*Hook Feet under Strap/ Couch
Knees Bent; Hands Crossed on Chest
Roll Down to Shoulder Blades & Up*

1 Minute

15 -Second Transition
To Forearm Plank/Ball

FOREARM PLANK/BALL

BALL between Thighs: 20 sec. each

- a. Squeeze & Release Ball
- b. Bend & Straighten knees
- c. Single Leg Lift & Hold-alternate
Last 5 sec. Shift Wt. front/back

1 Minute

15- Second Transition
To Hand Plank Front

HAND PLANK

Feet Staggered/Wrists under Shoulders

- a. Front Plank-Hold 15 seconds
- b. Turn to Side Plank-Hold 15 seconds
- c. Turn Back to Front Plank-Hold 15 seconds
- d. Turn to Other Side Plank- Hold 15 seconds-Finish

1 Minute

15- Second Transition
To Ball under Sacrum/Wts.

BALL UNDER SACRUM

*Core Ball under Sacrum-Balance
Hold Dumbbells (3/5/8 lbs.)
Arms Straight Above shoulders
Beginners-Elbows to Mat*

2 Minutes

No Transition Time
To Abdominal Series

- a. Single Leg Lower Lift/Arms Stay Up 30 seconds
- b. Double Legs Lower/ Arms to "T" 30 Seconds
Double Legs Lift/Arms Back Up
- c. Double Legs Lower/Arms "Tricep" 30 Seconds
Double Legs Lift/Arms Back Up
- d. Dolphin Kicks -5 Each Way 15 Seconds
*Double Legs Lower/Bend/Up
*Double Legs Bend/Straighten/Up
- e. Hip Lift & Lower (Reverse Curls) 15 Seconds
Hold onto Ball;Cross Ankles

PILATES ABDOMINAL 5 SERIES

1.5 Minutes

- 20 Single Leg Stretch
- 5 Double Leg Stretch
- 5 Sets Straight Leg Scissors
- 5 Double Leg Lower Lift
- 20 Criss Cross

PRONE STRETCHES

1 Minute

- a. 5 "Dart" Upper Back Strengthen 30 Seconds
- b. Thigh Stretches: Hand to Ankle 30 Seconds

FINAL STRETCH

30 Seconds

Rest Pose (Child)

