

Post Natal Pilates – Exercise sheet 1

While performing all the exercises:

- Breathe in to prepare and breathe out to perform the exercise
- Keep shoulder blades down and fixed at all times
- Maintain neutral position in the pelvis and lower spine
- Connect your pelvic floor and deep abdominals with each breathe out
- Control the speed and quality of the movement
- Repeat all exercises 8 times.

	Pelvic tilt
	Bent knee fallout
	Leg slide
	Abdominal preparation 1
	Cat stretch
	Superwoman preparation 1
	Clam
	Single leg extension

Move smarter, not harder...