

# Get2Pilates – Exercise Sheet 3

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.

	<b>Pelvic bridge with leg lift</b>
	<b>Dead bug</b>
	<b>Hundreds</b>
	<b>Down Dog</b>
	<b>Plank</b>
	<b>Front leg kick</b>
	<b>Back extension</b>
	<b>Diamond Extension</b>

Move smarter, not harder...