

28-DAY WALL PILATES CHALLENGE



15 single leg bridges
15 side leg raise
15 glute bridges
15 toe elevated glute
bridges
15 half leg kick



16 single leg bridges
16 side leg raise
16 glute bridges
16 toe elevated glute
bridges
16 half leg kick



17 single leg bridges
17 side leg raise
17 glute bridges
17 toe elevated glute
bridges
17 half leg kick



18 single leg bridges
18 side leg raise
18 glute bridges
18 toe elevated glute
bridges
18 half leg kick



19 single leg bridges
19 side leg raise
19 glute bridges
19 toe elevated glute
bridges
19 half leg kick



20 single leg bridges
20 side leg raise
20 glute bridges
20 toe elevated glute
bridges
20 half leg kick



21 single leg bridges
21 side leg raise
21 glute bridges
21 toe elevated glute
bridges
21 half leg kick



22 single leg bridges
22 side leg raise
22 glute bridges
22 toe elevated glute
bridges
22 half leg kick



23 single leg bridges
23 side leg raise
23 glute bridges
23 toe elevated glute
bridges
23 half leg kick



24 single leg bridges
24 side leg raise
24 glute bridges
24 toe elevated glute
bridges
24 half leg kick



25 single leg bridges
25 side leg raise
25 glute bridges
25 toe elevated glute
bridges
25 half leg kick



26 single leg bridges
26 side leg raise
26 glute bridges
26 toe elevated glute
bridges
26 half leg kick



27 single leg bridges
27 side leg raise
27 glute bridges
27 toe elevated glute
bridges
27 half leg kick



28 single leg bridges
28 side leg raise
28 glute bridges
28 toe elevated glute
bridges
28 half leg kick



29 single leg bridges
29 side leg raise
29 glute bridges
29 toe elevated glute
bridges
29 half leg kick



30 single leg bridges
30 side leg raise
30 glute bridges
30 toe elevated glute
bridges
30 half leg kick



31 single leg bridges
31 side leg raise
31 glute bridges
31 toe elevated glute
bridges
31 half leg kick



32 single leg bridges
32 side leg raise
32 glute bridges
32 toe elevated glute
bridges
32 half leg kick



33 single leg bridges
33 side leg raise
33 glute bridges
33 toe elevated glute
bridges
33 half leg kick



34 single leg bridges
34 side leg raise
34 glute bridges
34 toe elevated glute
bridges
34 half leg kick



35 single leg bridges
35 side leg raise
35 glute bridges
35 toe elevated glute
bridges
35 half leg kick



36 single leg bridges
36 side leg raise
36 glute bridges
36 toe elevated glute
bridges
36 half leg kick



37 single leg bridges
37 side leg raise
37 glute bridges
37 toe elevated glute
bridges
37 half leg kick



38 single leg bridges
38 side leg raise
38 glute bridges
38 toe elevated glute
bridges
38 half leg kick



39 single leg bridges
39 side leg raise
39 glute bridges
39 toe elevated glute
bridges
39 half leg kick



40 single leg bridges
40 side leg raise
40 glute bridges
40 toe elevated glute
bridges
40 half leg kick



41 single leg bridges
41 side leg raise
41 glute bridges
41 toe elevated glute
bridges
41 half leg kick



42 single leg bridges
42 side leg raise
42 glute bridges
42 toe elevated glute
bridges
42 half leg kick

JUSTFIT!

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R Barnett



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running to basketball to kickboxing to Zumba Pilates is one that I always come back to because it is really so effective and important EXCERPT FROM THE BOOK Pull the part of your stomach area that is below your belly button upwards and inwards as if you are pulling it away from your belt line Keep your rib cage relaxed and breathe normally You should be able to feel the muscle contracting in your lower abdomen Another essential skill is being able to activate your pelvic floor Your pelvic floor muscles are at the base of your abdomen They control your bladder and bowel functions They also stabilize not only the pelvis but also the lower back If you have lower back pain are pregnant or experience incontinence learning how to control these pelvic floor muscles can really help How do you activate your pelvic floor Start in neutral spine position Contract the muscles you would use to urinate Breathe as you normally would Once you can handle activating your TA and your pelvic muscles separately try activating them together Ready for some advanced Pilates moves Great Here are six of the most common moves for experienced Pilates pupils Because sometimes it s easier to see the moves being done rather than reading about them many of the links in this section are to videos Advanced Pilates Exercises The Crab The Crab requires complete control from your core so it will give you a great ab workout It builds on exercises like the Roll Up but is slightly more advanced Start by sitting up straight Bend your knees almost Indian style and cross your feet at the ankles Bring your knees up to your shoulders and grab your feet with your hands Drop your head and allow your spine to curve as you prepare to roll Breathe in and roll back Control the movement Try not to let your limbs flail around Once you roll to your shoulders let go of your feet and switch your feet around Grab your feet again as you prepare to roll up Breathe out and roll forward Inhale as your head touches the mat Roll back to repeat the move Double Leg Kick This move works the back extensors and the hamstrings primarily but it can be a total body exercise as well Start by lying face down with your head turned to one side and your feet together

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