

## Classical Pilates Repertoire: Level 1

**Hundred x 10 breaths**

**Roll up x 5**

**One leg circles x 5**

**Rolling like a ball x 6**

**Single leg stretch x 6**

**Double leg stretch x 6**

**Scissors x 6**

**Lower lifts x 6**

**Criss Cross x 6**

**Spine stretch forward x 5**

**Open leg rocker prep x hold for 10 secs**

**Corkscrew x 2 each way**

**Saw x 3 each way**

**Swan 1 neck roll x 3**

**Neck roll**

**Rest position x 1**

**Shoulder Bridge prep x 3**

**Side kick series; Front and back x 5**

**Up and down x 5**

**Circles x 5**

**Inner thigh lifts and circles x 5**

**Beats on the belly x 8 Repeat side kick series on the other side**

**Teaser one leg x 3 each leg**

**Teaser 1 x 3**

**Swimming prep x 2 each side**

**Leg pull front support x hold 10 seconds**

**Mermaid stretch x 3 each side**

**Seal x 6**

**Push up series x 3**

**Hundred x 10 breaths** - Lie on your back, knees bent and feet on the floor. Arms long by your sides. Scoop your abs in as you nod your head, curl up the head and chest. Bend your knees over your chest then raise your legs to working height. Pump the arms and breath in, 2, 3, 4, 5. Out, 2, 3, 4, 5.

**Roll up x 5** - Straighten your legs along the floor and reach your arms to the ceiling. Nod the head and roll up and over, bringing the arms with you. Peel the spine up bone by bone. Reach the arms towards the feet. Pull the belly in to roll down bone by bone. Arms reach behind you, arms reach up, repeat.

**One leg circles x 5** - Lie on your back with your legs straight, arms by your sides. Straighten your right leg to the ceiling. Circle the leg across, down, around and up / circle out, down, across and centre.

**Rolling like a ball x 6** - Roll up to sitting. Take your bum to your feet. Clasp your arms round your shins. Lengthen into a C curve. Find your balance with your feet off the floor. Roll back to come up.

**Single leg stretch x 6** - Feet on the floor. Straighten the legs. Bend your right knee. Place your left hand on your right knee, right hand on your right ankle. Roll back with head and chest lifted, left leg to working height. Swap legs.

**Double leg stretch x 6** - Lie on your back with both knees bent in over the chest, feet together, knees slightly apart and hands on the shins. Reach the arms to straight inline with the ears as you stretch the legs out to 45 degrees in Pilates stance. Circle the arms round and bend the knees back in.

**Scissors x 6** - Keep the head and chest raised. Both legs straight up to the ceiling in Pilates stance. Hold your right ankle with both hands and stretch the left leg away. Pull, pull, switch.

**Lower lifts x 6** - Place your hands behind the head and raise the head and chest. Lift both legs to the ceiling in Pilates stance. Lower the legs straight down, then use the belly to lift the legs back up.

**Criss Cross x 6** - Keep your hands behind your head with the head and chest lifted. Bend your right knee and twist towards it, send the left leg long away. Swap sides, lifting and twisting.

**Spine stretch forward x 5** - Sitting up with legs shoulder width apart. Arms are long in front. Pinch and perch, lifting yourself as tall as you can. Exhale and nod your chin to your chest. Dive the spine forwards bone by bone as the belly pulls back. Exhale fully. Breath in and roll the spine up to return.

**Open leg rocker prep x hold for 10 seconds** - Take hold of your ankles. Bend one foot in to the centre, then the other. Find your balance with both feet lifted off the floor. Keep holding your ankle as you stretch the right leg up towards the ceiling, return it in. Left leg up, return. Both legs up.

**Corkscrew x 2 each way** - Roll onto your back bringing the knees over the chest. Legs up to the ceiling in Pilates stance. Circle the legs around. Alternate direction.

**Saw x 3 each way** - Sitting up with your legs wide, arms reach to the sides, toes towards the ceiling. Lift up through your spine, twist to one side and exhale as you reach your little finger to your little toe. Reach your other arm back behind you. Inhale to sit up tall and repeat.

**Swan 1 neck roll x 3** - Lie on your front. Legs together behind you, hands underneath the shoulders, forehead down. Pull the belly in and up. Roll a marble with your nose, then your chin. Lift your chest and shine your breast bone forward. Lower down long and broad.

**Neck roll:** keep you head and chest lifted. Look right, down and around to the left, then to the centre. Look left, down and around right, to the centre.

**Rest position x 1** - Push back to a rest position. Take a deep breath to widen the ribs, scoop in as your exhale.

**Shoulder Bridge prep x 3** - Lie down on your back with your knees bent, feet on the floor, knees and feet together. Lift the pelvis and spine up in one piece, roll down the spine longer, longer, longer.

**Side kick series; Front and back x 5** - Lie at the back of your mat. Straighten your legs 45 degrees in front. Some up on your arm, hand behind your head, the other hand in front of your belly on the mat. Bottom foot flexed, top foot pointed. Lift your top leg to hip height with a turn out. Kick the leg front, reach it back behind you. **Up and down x 5** - Lift the leg up, keep it turned out and lower the leg down. **Circles x 5** - Circle the top leg over the bottom one, brushing the heels together. Reverse. **Inner thigh lifts and circles x 5** - Lift the top leg, bend the knee, hold the back of your ankle and place the foot on the floor. Press your elbow into your inner thigh. Bring your bottom leg inline with the spine. Lengthen to lift the thigh, and lower 5 times, keep the leg lifted. Press through the heel to circle the leg around, then reverse.

**Beats on the belly x 8** - Straighten both legs, keep the ankles raised and roll onto your belly. Keep the legs together, head on hands. Clap the inner thighs 8 times. **Repeat side kick series on the other side**

**Teaser one leg x 3 each leg** - Come up to sitting. Press the knees together with one leg straight and one knee bent with the foot on the floor. Bring your arms out parallel to the straight leg. Roll down to the floor. Touch your head down and roll back up, reaching for your foot.

**Teaser 1 x 3** - Sitting up. Raise both legs straight off the floor, arms reach parallel to the legs. Roll down to the floor keeping the legs raised, then roll back up reaching towards the feet.

**Swimming prep x 2 each side** - Lie on your back. Bend one knee, straighten the opposite arm behind you and roll onto your front. Legs together, both arms stretched out in front. Raise the head and chest. Keep lifted and raise the right arm and left leg. Lower and swap.

**Leg pull front support x hold 10 seconds** - Lying on your front, tuck your toes under, hands underneath the shoulders and push up in one piece. Stretch the head away from the heels and hold.

**Mermaid stretch x 3 each side** - Come onto your knees with your feet and knees together, feet pointing away from your hips. The hand closest to your feet holds onto your ankle, the other arm is straight up to the ceiling and glued to your head. Stretch over towards the feet and inhale. Exhale out to a T shape stretching the arms long, then and reach over and place the forearm on the floor with your palm facing up. The other arm reaches long overhead. Inhale and stretch the ribs. Exhale back through the T and return.

**Seal x 6** - Sit with your feet bent in towards you. Bring your hands into a prayer position and dive hands through your legs to hold outside of your ankles. Find your balance with your feet off the floor and find a c-curve of the spine. Clap the legs together 3 times. Press the feet together as your roll back. Scoop in the belly to balance on the shoulder blades and clap the legs 3 times, before rolling back to the starting position. To stand: Roll back and cross the feet, roll forward and press through your feet to stand up.

**Push up series x 3** - Stand in Pilates stance. Arms reach to the ceiling. Nod the head and roll the spine down bone by bone. Bring your palms flat on the floor and walk to a plank in 1, 2, 3. Bend the elbows and bring the arms alongside the ribs. Repeat 3 times. Curl your head in and lift the hips. Walk back 1, 2, 3. Roll up bone by bone by bone.