

RABBIT'S CORE EXERCISES – ADVANCED

Now we move on to two really fabulous pilates classics. DON'T do these before you have perfected the beginners sheet. They both build up into fairly serious exercises, so take it easy, especially if you have had previous injuries and if you have any doubts then give me a call.

THE TABLE TOP

A great exercise to encourage a stable centre, whilst moving your limbs. Keep pelvis level and stable, the lumbar curve normal and the upper back relaxed. This strengthens the deep hip, pelvic and lumbar muscles.



1. Kneel as shown, keep back and pelvis relaxed but stable. **Breathe in** wide and full into the lower ribs. Lengthen spine from top to tail. Go to 2...



2. **Breathe out**, zip up and hollow. Slide left leg down, keeping toes on the floor. Keep your pelvis and back still. **Breathe in** slowly and return leg. Repeat 5 times on each side



3. Once you're familiar with the above do this! Follow 1. & 2. Until your leg is extended then **breathe in**, on the **out** you lift the leg slowly. Repeat 5 times each side.



4. When you can lift the leg easily do this! As you lift the leg **on out breath**, lift and lengthen the opposite arm to shoulder height. **Breathe in**, lower limbs Repeat 5 times, alternating sides

THE HUNDRED

This is a real classic, very effective but really tough so only if you are experienced please! The stages below are progressive so when you've mastered each then move on to the next. Stage 1. is breathing pattern.



1. Lie with hands on ribcage. **Breathe in**, wide and full for five count. **Breathe out** zip and hollow for five count. Repeat ten times, stay zip and hollowed throughout 1,2,3,4,5/2,2,3,4,5/3,2,3,4,5/etc



2. Zip and hollow and move knees (one at a time) and arms to position as in picture. Follow breathing as in 1. and count fives whilst pumping arms up and down. Repeat x 10-20



3. Once in position 2 **Breathe in** to prepare, **Breathe out**, zip and hollow and curl upper body as in Curl ups. Stay zip and hollowed and start breathing and arm pumping as 2.



4. Take advice if you have neck, breathing or heart problems! Once in position 3. breathe in and out and straighten legs. Perform as in 2. 20 breaths with 5 pumps = 100

IF YOU ANY QUESTIONS, CALL ME - 07711 760 557
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