



HOME EXERCISE PRGOGRAMME

Class:	Pilates - Core and Leg Workout
Trainer name:	Benine
Equipment:	None
Date:	April 12, 2020

WARM-UP		
Full body mobilization	5min	

WORKOUT




GROUP 1 - Supine abdominal sequence





Repeat the group twice.

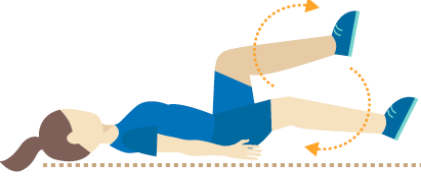

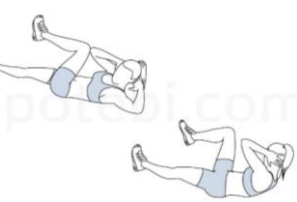
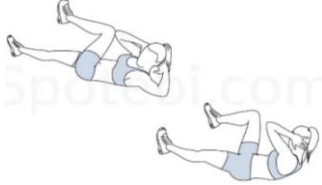
EXERCISE	REPS	NOTES/ILLUSTRATION
Crunches	10	
90° Legs Crunches	10	
Straight Leg Crunches	10	
Reverse Crunches	10	





GROUP 2 - Supine Oblique Sequence




Repeat the group twice.

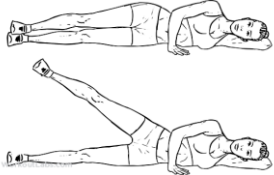




EXERCISE	REPS	NOTES/ILLUSTRATION
Oblique Crunch	10 (left and right)	
Side Crunch	10 (right and left)	
Opposite hand to leg Crunch	10 (left and right)	

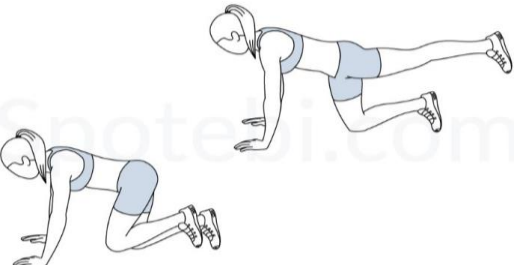


GROUP 3 - Controlled Core Supine Sequence		
Repeat the group twice.		
EXERCISE	REPS	NOTES/ILLUSTRATION
Alternating Toe Taps	20	
Double Toe Taps	10	 
Diagonal Leg Kick Out	10	



GROUP 4 - Bicycle Sequence			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
Bicycle Legs	1	16	
Single Leg Stretch	1	16	 
Bicycle Crunch	1	16	

GROUP 5			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
Roll up	1	10	
Scissor Legs	1	20sec	
Criss Cross Legs	1	20sec	<p>STEP 1</p>  <p>STEP 2</p> 




GROUP 6 - Hip Bridge Sequence			
EXERCISE	SETS	REPS	NOTES/ILLUSTRATION
Hip Bridges	1	20	
Hip Bridge Hold	1	30sec	
One leg Hip Bridge	1	10 (left and right)	

GROUP 7 - Side Lying Leg Sequence		
Repeat group twice on each side.		
EXERCISE	REPS	NOTES/ILLUSTRATION
Lateral Leg Raise	10	
Side Lying Leg Circles Forward	10	
Side Lying Leg Circles Backwards	10	
Inner Thigh Leg Lifts	10	
Side Plank	20sec	

GROUP 8 - All Fours Sequence		
Repeat group twice on each side.		
EXERCISE	REPS	NOTES/ILLUSTRATION
Donkey Kick Backs	10	
Straight Leg up and Down	10	
Opposite Elbow and Knee Together	10	

GROUP 9 - Planks		
EXERCISE	TIME	NOTES/ILLUSTRATION
Forearm Planks	30sec	
High Plank	30sec	

GROUP 10 - Seated Sequence

EXERCISE	REPS	NOTES/ILLUSTRATION
Seated Twist	10	
Seated Twist with alternating leg extension	10	
Half Roll Back	10	

STRETCHES

<p>Adbominal Stretch</p>	<p>Hold 20sec</p>	
<p>Hug Knees into chest</p>	<p>Hold 20sec</p>	
<p>Hug one knee into chest</p>	<p>Hold 20sec (left and right)</p>	
<p>Laying twist stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Reach for toes</p>	<p>Hold 20sec</p>	
<p>Butterfly stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Chest Stretch</p>	<p>Hold 20sec (left and right)</p>	
<p>Back Stretch</p>	<p>Hold 20sec</p>	
<p>Seated Twist Stretch</p>	<p>Hold 20sec (left and right)</p>	