

Pilates for Lifelong Mobility

Spring 2024

INSTRUCTOR: Barbara Babcock
bdbabcock6@gmail.com

Week 2 - Posture Exercises

Standing

Pilates Stance

1. Stand with heels together and toes about 3 inches apart.
2. Your seat and inner thighs should be working/squeezing to support your torso.
3. Pull the bellybutton into the spine while keeping the shoulders down and in line with the hips.
4. Arms stay long at your sides, fingertips reaching to the ground.
5. Practice breathing in for 5 and out for 5.

*****Pilates Stance should be used for all standing exercises unless noted otherwise.*****

Hand Squeezes

1. Bring arms in front of you as if you were hugging a tree.
2. Have the fingers wide, but touching at the fingertips.
3. Make fists without moving the rest of the body.
4. Release the fists back to wide fingers without moving the body.
5. Repeat 4-6 times.

Castanets

1. Bring arms in front of you as if you were hugging a tree and have fingers wide.
 2. Pull the pinkie finger into the palm of each hand, allowing the other fingers to curl inward.
 3. Stretch the fingers out.
-

-
4. Complete 3 repetitions before moving on to the ring finger, middle finger, pointer finger and thumb until all fingers have completed the move for 3 repetitions.
 5. Shake your hands and fingers as if you were flicking water off them for a few seconds to relax them.

Arm Circles, Side

1. Stretch your arms out to the side so they are in line with your shoulders.
2. Draw small circles to the front 3 times.
3. Draw small circles to the back 3 times.
4. Rest.

Palm Pushes

1. Stretch your arms out to the side so they are in line with your shoulders.
2. Keep the hands flat and pull the fingers up toward the ceiling, flexing your wrists.
3. Hold for a count of 3 before returning the palms flat and parallel to the arms.
4. Repeat 3 times.

Push Walls Away

1. Stretch your arms out to the side so they are in line with your shoulders and palms facing the walls on either side of you.
2. Slowly bend the arms in towards your sides, resisting as you do this. (Pretend the walls are moving in and you are preventing them closing in on you.)
3. Reverse the movement and pretend you are pushing the walls out and away from you.
4. Repeat 6 times.

Circles on the Ceiling

1. Stand tall with arms long at your sides.
2. Pretend you have a pencil on the center of your head.
3. Draw 5 tiny circles on the ceiling, going clockwise.
4. Draw 5 tiny circles on the ceiling, going counter-clockwise.

Eyes Across the Room

1. Stand tall with arms long at your sides.
2. Begin by looking with your eyes over to the right, letting your head follow as far as you can without disturbing your torso - only from the head/neck.
3. Bring yourself back to the center.
4. Look with your eyes over to the Left, letting your head follow as far as you can without disturbing your torso - only from the head/neck.
5. Repeat 3 times in each direction.

Arm Circles on the Wall

1. Stand tall with your head lifting to the ceiling as if someone were pulling up on your ears as you anchor your back against the wall.
2. Lengthen your arms down to the floor before raising them out in front of your shoulders so they are parallel to the floor as you fill your lungs with air.
3. Open your arms out to your peripheral and empty your lungs of air as you press your arms down.
4. Repeat 5 times and then reverse your circles for 5 repetitions.

Peel Off the Wall

1. Stand tall with your head lifting to the ceiling as if someone were pulling up on your ears as you anchor your back against the wall and feet to the floor.
2. Exhale as you bring your chin to your chest and allow your vertebrae to peel off the wall one at a time so your upper body and arms are “hanging” down toward the floor. Go just to the base of your ribs and hold.
3. Inhale as you come back up, stacking your spine until you are tall and lifted as you started.
4. Repeat one more time.

Arm Slides on the Wall

1. Stand tall with your head lifting to the ceiling as if someone were pulling up on your ears as you anchor your back against the wall and feet to the floor.
2. Take one hand with your palm towards your body and extend it to the ceiling while the other hand is reaching to the floor.
3. When you can't reach any higher, allow your hand to continue reaching up and over your head with a long arm as the other hand reaches to the floor.
4. Bring yourself back up right and repeat with the opposite arms up and down.
5. Repeat 3 times each.