

Pilates for Lifelong Mobility

Spring 2024

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Week 3 - Stability Exercises

Pilates Stance on the Wall

1. Have your back against a wall, standing with knees slightly bent and your 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. Keep your shoulders and hips stacked and aligned into a box.
5. Spread toes out and walk feet closer to the wall while maintaining your box
6. Gradually bring your weight forward over your toes and then back over your heels. Repeat 3 times.
7. Press your weight away from the wall and stand with your box stacked to end

Shifting Weight - Front and back

1. Stand with a chair in front or to the side of your body. You can use the chair for support if needed.
2. Keep your box stacked and shift your weight over your toes and then back over your heels as you imagine drawing a line on the ceiling from the top of your head.
3. Repeat 3 times.

Shifting Weight - Left & Right

1. Stand with a chair in front or to the side of your body. You can use the chair for support if needed.
2. Keep your box stacked and shift your weight to the left and right while maintaining your box

(don't let the hip lead and pop out!) as you imagine drawing a line on the ceiling from the top of your head.

3. Repeat 3 times.

Shifting Weight - Circle

1. Stand with a chair in front or to the side of your body. You can use the chair for support if needed.
2. Keep your box stacked and shift your weight to the left, back, right, and front while maintaining your box (don't let the hip lead and pop out!) as you imagine drawing a circle on the ceiling from the top of your head.
3. Repeat 3 times each direction.

Shifting Weight - Front and back with feet staggered

1. Stand with a chair in front or to the side of your body. You can use the chair for support if needed.
2. Keep your box stacked and bring your feet parallel and step one foot in front, about a foot's distance from your back foot.
3. Shift your weight over your toes and then back over your heels as you imagine drawing a line on the ceiling from the top of your head.
4. Repeat 3 times.
5. Now shift your weight to the left and right while maintaining your box (don't let the hip lead and pop out!)
6. Repeat 3 times.

Shifting Weight - Slide to side with feet wide

1. Stand with a chair in front or to the side of your body. You can use the chair for support if needed.
2. Step your feet so they are parallel and hip distance apart.
3. Now shift your weight to the left and right while maintaining your box (don't let the hip lead and pop out!)
4. Repeat 3 times.