**WORKOUT AT HOME**

**WEEK 6 – BASIC PILATES**

This week's goal: Do each exercise as instructed. This can be done every day as a stretch.

Go to this link to follow along with the workout video: Basic Pilates

Add a daily 20-30 minute brisk walk for cardio, and any 3 non-consecutive days strength training.

Check off your daily progress below: W = Workout  C = Cardio  S = Stretch

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<th>Monday</th>
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

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**Warm Up**

1. **Cow Cat Pose**

   Move to your hands and knees. Knees should be about hip distance apart and hands in line with your shoulders. Exhale and tilt your tailbone forward, let your belly drop, and look up. Inhale as you arch your back bringing your belly button in and looking down at your mat. Continue this motion a few times. Breathe through each movement.

2. **Bird Dog Reach**

   Come into a neutral position in the table top position (on your hands and knees). Extend one leg out so it is in line with your back. Lift the opposite arm, turn your palm in, and engage your core. Lower your arm and foot to the floor, at the same time, and exhale as you bring them back to the start position. Continue this motion 6 times. Place your arm and knee back on the ground and switch sides.

3. **Plank**

   Roll your toes under and come up to a push up position with palms flat on the floor, hands shoulder-width apart, shoulders stacked above your wrists, with hips, back and neck in alignment, and core and glutes engaged. Hold. Easy: Bring your knees to the mat while keeping your hips and back in a flat line.

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**Yoga Flow – Move from the end of one stretch into the beginning of the next.**

1. **Bent Knee Roll-Up**

   Start in a seated position with your knees bent and your feet flat on the floor. Inhale into the back of the ribs and exhale as you articulate your spine back to the floor starting with your pelvis. Allow your arms to reach out in front of you as you lower halfway to the floor. Exhale as you articulate through your spine forward and come back to a seated position. Repeat.

2. **100’s**

   Lie on your back with your knees bent 90°. Use your abs to curl your shoulders off the floor. Reach arms forward with your palms past your hips. Lift your hands at least 5 inches off the floor and lift them up and down as if you were bouncing little balls under your palms. Pulse for 5 as you inhale and pulse for another 5 until you reach 100 pulses. If your neck gets tired, place one hand behind your head for support and pump just one arm and palm.

3. **Bridge**

   Lie on your back with your hands at your sides, knees bent, and feet flat on the floor under your knees. Tighten your abdominal and buttock muscles by pulling your low back into the ground before you push up. Raise your hips to create a straight line from your knees to shoulders. Squeeze your core and pull your belly button back toward your spine. Hold for a few seconds, and then return to your starting position. Repeat.
4. Saw

Come into a seated position. Widen your legs a little wider than your mat. Stretch your arms out to the side, even with your shoulders, palms facing down. Inhale and twist your torso and arms to the right, bend at your waist bringing your left pinky finger towards your right pinky toe keeping your right arm behind you. Come back to the seated position leaving your arms extended. Twist your torso and arms to the left, bend at your waist bringing your right pinky finger to your left pinky toe keeping your left arm behind you. Come back to the seated position and repeat.

5. Side Leg Lifts, Circles, and Kicks

> Lying on your side with head resting on your arm, legs stacked on top of each other. Lift your top leg towards the sky and then lower back to your other leg while keeping both legs straight, and pointing your toes. Place your hand on the mat for support. Repeat this 5-6 times.

> At the top of the last lift, make 6 small circles keeping your leg straight using the hip. Move in both directions.

> Keep your top leg lifted and swing your leg forward, pointing the toes. Then flex the foot and swing the leg back, contracting the glute and again, using the hip but keeping them steady and not rocking. Complete this motion 6 times.

> Repeat on the other side.

6. "T"

Lie on your stomach with your toes pointed and your chin on your mat. Bring arms to side and lift to shoulder height, palms down, making the body like a capital T. Exhale and lift your chest and chin off your mat keeping your palms on the ground. Slowly lift your arms up keeping them in line with your shoulders and back. Hold this position for a breath. Be sure to use the back muscles to lift and lower the upper body and chest during this movement. Repeat this movement 6 times.

**Advanced:** Lift your legs off the mat when you lift your arms.

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**Cool Down & Stretch**

1. Child’s Pose

Roll over onto hands and knees, keep feet together and knees apart, sitting back while reaching forward with arms into “child’s pose.” Hold for 3 breaths.

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