

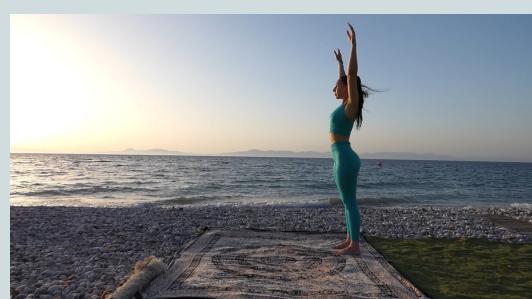
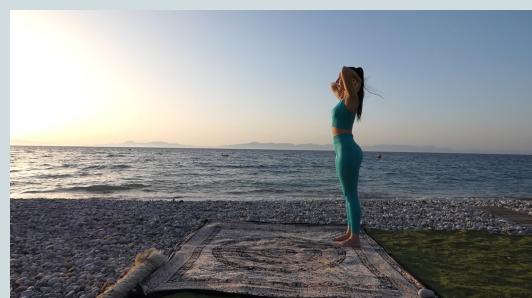
CJ

Warm up



Warm up

- Before you start each workout it's important for you to do a 5-10 minute warm up. The warm up also includes a Pilates set up which is very important for engaging the correct muscles and preparing the body for the exercises that you are about to perform.
- Start with a few minute of just walking on the spot, once you start to feel warm if you want to increase the intensity you can include a step or weights. You can also lift the knees slightly higher, just let your arms swing naturally by the side of your body.
- After a few minutes, if you want to you can take it into either bodyweight lunges or squats. If you can to do lunges then you can either do a few repetitions on one side then swap or you can keep changing legs either stepping the legs forwards or backwards.
- Complete between 10-20 reps altogether.
- Then I want you to take it into shoulder rolls, so bring the feet in so that they are hip distance apart, stand as tall as you can then start by rolling your shoulders backwards taking them into nice big circles.
- Then take your hands onto your shoulders are bring your elbows round, again taking them backwards to begin with. Make sure that you keep it in a range that is comfortable for you.
- After a few repetitions extend your arms and take them backwards into full circles. Breathe in as you take your arms up and breathe out as you bring them back round.
- You may feel the shoulders crunching or grinding slightly, this is absolutely fine as long as it isn't painful.
- Repeat the same again but the other way so start with shoulder rolls bringing the shoulders forwards, then take your hands onto your shoulders and bring your elbows round, lastly extend your arms and bring them round in big circles. Breathe in as you reach up and breathe out and you relax the arms down.



- ▶ Then I would like you to take it into a rotation row. To do this take both arms forwards, keep the hands in-line with your shoulders and your palms facing in.

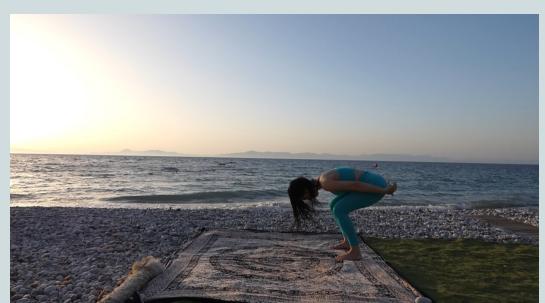
- ▶ Stand as tall as you can, roll the shoulders back and tuck your chin in. Breathe in, and as you breathe out bend one elbow and draw the arm towards you. Turn your head towards the arm that you move. Then bring your arm and head back round to the start position as you straighten the arm. Breathe in, and as you breathe out rotate towards the other side.

Complete around 10 repetitions altogether.

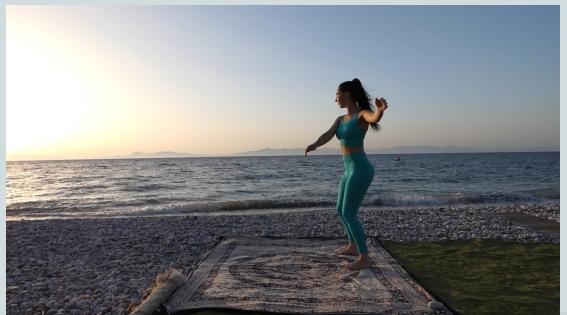
- ▶ Then bring it back round to the front so that we can take it into bodyweight squats. Start with your feet about shoulder distance apart and turn your toes out slightly if it feels more comfortable. Then start with a small range of movement, so bend the knees and lower down into a squat but not too far. Then push back up, breathe in as you go down and breathe out as you stand. If it feels comfortable you can take it down slightly lower. Also if you want to you can drop your arms forwards as you squat then circle them over head as you bring it back to standing. If you want to test your balance I want you to squat down then lift one leg as you stand, then squat down and lift the other leg as you bring it back to standing.

- ▶ After a few repetitions bring it back to the centre so that we can take it into a full body swing. Start with your feet hip distance apart, then take your arms up into the air and breathe in, as you breathe out drop your arms forwards as you bend your knees and swing forwards. Then bring it back up.

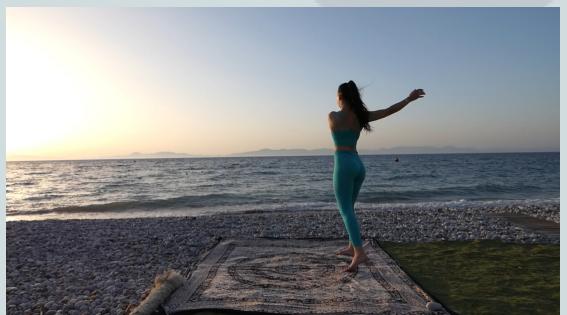
Complete 3 reps altogether.



I now want you to take it into a rotation swing. Stand with your feet about shoulder distance apart for balance. As you rotate towards one side swing your arms round, keeping it in a range which is comfortable for you. As you rotate transfer your body weight onto the leg which you are turning towards. Breathe in as you swing one way then breathe out as you swing to the other side.



After a few repetitions, bring it round to the centre so that you can take it into a full body stretch. Start with your feet in so that they are hip distance apart, stand as tall as you can and breathe in as you bring your arms up above the head then breathe out as you stretch up tall reaching up for the sky. Breathe in and breathe out to let the arms go and let them relax back down to the side of your body.

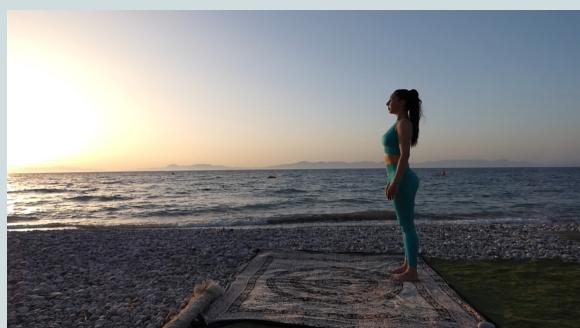


Repeat the same again and complete 3 reps altogether.



When you're ready bring it round to the front again so that you can take it into a standing set up. Start with your feet together, then turn your toes out then turn your heels out so that your feet are hip distance apart. Then rock your weight from your heels to your toes. Each time making the rocks slightly smaller I want you to try and balance your weight somewhere in the middle so that you are not leaning too far forwards or backwards.

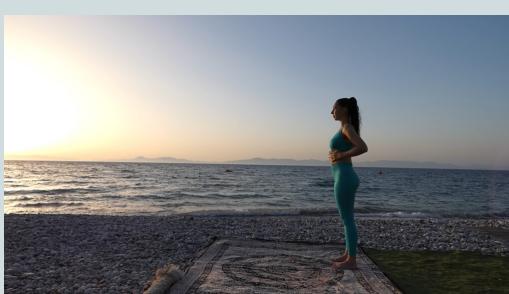
Then I want you to stand as tall as you can, imagine that someone is pulling you up to the ceiling by the centre of your spine. Draw your chin in just to lengthen through the back of your neck, then roll your shoulders backwards and let your shoulder blades just sink back into your back pockets. Relax the arms down then take it into a pelvic tilt. Rock your hips backwards and forwards, imaging that your pelvis is a watering can and that you are trying to get the water level, so each time make the rocks slightly smaller. If you want to you can put your hands onto your hips. When you feel as though you have balanced your pelvis relaxed your hands by the side of your body.



Engage your pelvic floor and transverse abdominis

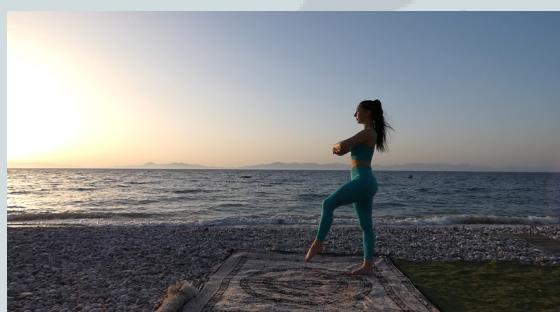
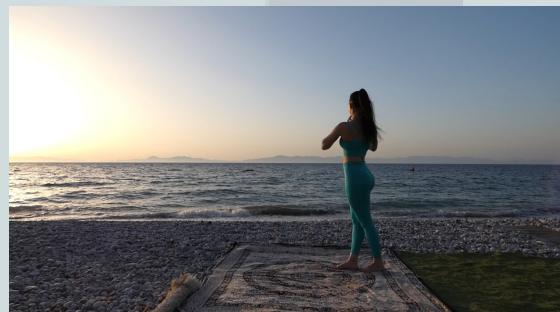
- I now want you to practise engaging your pelvic floor. So I want you to imagine that your pelvic floor (PF) is a lift, I want you to draw in from your front passage as if you are trying to stop water (urine) and draw in from your back passage as if you are trying to stop wind. I want you to draw the muscles in and imagine that you are trying to take your pelvic floor lift all the way to level 10 (the top floor).
- Hold at the top, then slowly release and let it relax back down. Repeat the same again so draw in from your front passage then your back passage and take your pelvic floor lift all the way to the 10th floor. Hold at the top then this time if you can I want you to slowly lower the lift down to level 5 (so half way). Complete one more, so engage your pelvic floor, front and back passages and take the lift all the way to the 10th floor, hold at the top then lower down slowly to half way, then if you can lower down again to level 2/3. So that you are holding a very small contraction.
- Don't worry if you feel as though you are unable to control your pelvic floor muscles as you lower them back down. Try practising with your breathing so breathe in and as you breathe out engage your pelvic floor to level 2 or 3, breathe in and breathe out to engage.

Complete a few more breaths.
- Now I want you to practise engaging your transverse abdominis (TVA) your deep core muscle. I want you to imagine that you are wearing a belt or a corset around your waist. I want you to try and tighten from hip bone to hip bone. Draw it in and engage your muscles as much as you can all the way to the 10th notch of the belt. Hold it, then slowly release and relax your muscles letting your stomach muscles go completely soft.
- Repeat the same again so tighten from hip bone to hip bone feeling that core belt get tighter and tighter. Hold it, then if you can slowly release some of the tension taking your core belt down to the 5th notch. Then release and let your muscles relax, on the last one, tighten your core muscles as much as you can, then slowly release down to the 5th notch. then release again down to the 2nd or 3rd notch on your core belt. Try and hold this contraction if you can. Then practise lateral thoracic breathing. So take your hands onto your rib cage, your middle fingers should just be touching. Take nice deep breaths, breathe in through your nose and out through your mouth. Complete 4-5 breaths altogether



Warm up continued...

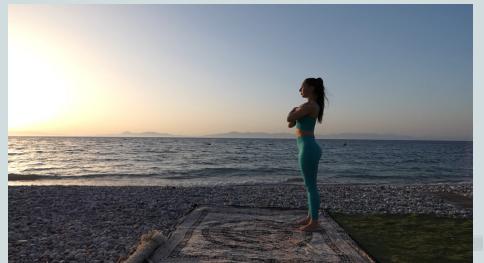
- ▶ Now take it into a standing tandem rotation, I want you to stand with one foot in front of the other. Start with your left foot forwards.
- ▶ If you feel unstable then you can cross the feet over slightly or keep a gap between them. Otherwise, stand with your left heel touching your right toes. Bring your hands into the prayer position, so bring your hands together then place your thumb onto your chest bone and your index fingers onto your chin, keep your shoulders relaxed. Stand as tall as you can and breathe in, as you breathe out slowly rotate round to the right side and hold, breathe in and breathe out to slowly rotate back round to the middle.
- ▶ Repeat on the other side so breathe in and as you breathe out slowly rotate round to the left side, hold and breathe in as you breathe out slowly rotate round to the middle again.



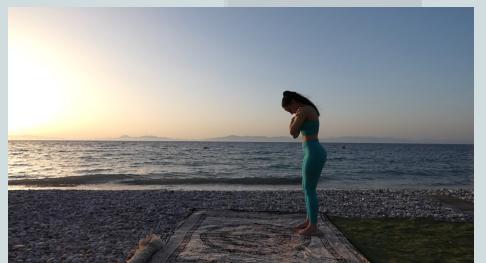
- ▶ Repeat the same with your right foot forwards.
- ▶ Then take it into a balance, if you need to you can stand close to a wall in case you feel a bit unstable. Start in neutral with your feet hip distance apart, take your arms forwards stacking them one on top of the other, then lift your left leg off the ground. Try and stay as still as possible, if you feel stable I want you to close your eyes for a few seconds, then open. Repeat a few times and keep trying to test your balance.
- ▶ Then slowly relax your leg down and swap sides. Lift your right leg and try to find your balance. Again if you don't feel too unstable close your eyes for a few seconds then open, then close your eyes for a few seconds then open. Then slowly relax your leg down.



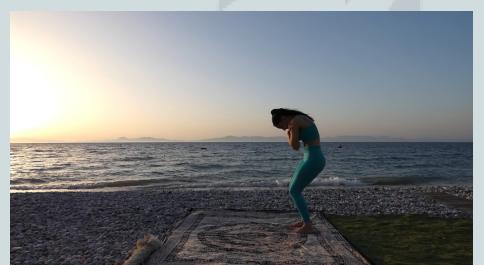
► The next exercise is a modified roll down. Start by standing in neutral so make sure that your feet are hip distance apart, stand as tall as you can and draw your chin in slightly. Roll your shoulders back and lift from your chest, take it into a pelvic tilt and try to find a neutral spine. Engage your PF and TVA.



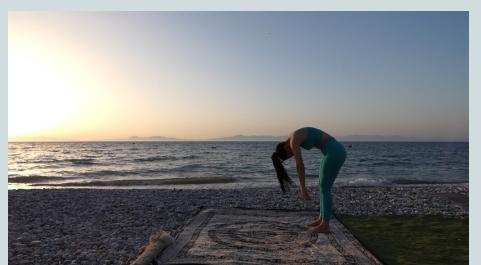
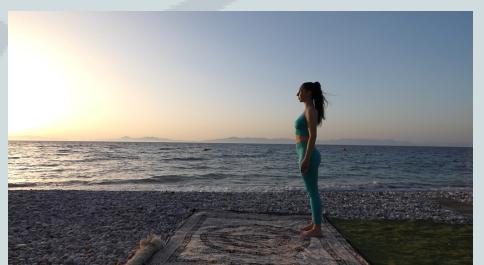
► Then cross your hands over your chest onto your shoulders. Breathe in and as you breathe out drop your head forwards, bend your knees slightly, then start to take your upper back into a C-shape, opening up in-between your shoulder blades. Tuck your tail bone under to curve your lower back then think about drawing your belly button back to your spine.



► Hold this position and breathe in, as you breathe out start to straighten your legs and slowly peel back up to the start position, letting your head come up last.



► Repeat the same again, stand tall as breathe in as you breathe out drop your head forwards, bend your knees and take your back into a C-shape, tuck your tail bone under and draw your belly button back to your spine. Hold and breathe in as you breathe out straighten the legs, slowly peel back up and let your head come up last.



- ▶ You can either do 2 more of the same or you can take it into a full roll down, if you are doing a full roll down keep it in a range which is comfortable for you.
- ▶ So if you get any lower back pain for example, then don't roll down all the way. Start in neutral again so make sure that your feet are hip distance apart, stand as tall as you can, roll the shoulders back, tuck your chin in and balance your pelvis.
- ▶ Breathe in, and as you breathe out drop your head forwards, then slowly roll down through your spine, let your arms go heavy and keep a slight bend in your knees. Roll down as far as it feels comfortable. Hold at the bottom and breathe in, as you breathe out slowly peel back up one vertebrae at a time, let your head come up last and roll the shoulders when you get to the top.
- ▶ Repeat just one more then you have completed the warm up and set up. You are now ready to start your workout of the day!

