

Pilates Maintenance exercises

Spine Direction/Function	Exercise Name	Repetitions
Flexibility/Mobility	Cat Stretch OR Shoulder Bridge (arm & legs) OR Swimming Level 1 (on tummy)	8 to 12
Bending Backward	Dorsal Ray OR Cobra (pushing up on arms)	8 to 12
Bending Forward	Roll Down (standing) OR Rolling/The Seal OR Spine Stretch	8 to 12
Rotation	Spine Twist (seated or standing) OR The Saw	8 to 12 in each direction
Abdominal strength	Roll up OR Single/Double Leg Stretch OR Plank 3 x 40/50/60 seconds OR Swimming Level 2 (hands & knees)	10 to 15
Hip Mobility	One Leg Circle (on back/side) OR Single/Double Leg Raise OR Side Kick (lying on side)	10 in each direction/each leg

Choose 1 exercise from each function group. Do 6 exercises in total.