

Pilates Mini-Ball Sequence

Supine Exercises

- . Pelvic Tuck & Arch x5 sets
- . Toe Taps x10 sets
Note: Keep pelvis neutral & stable
Challenge: hover arms slightly above the ground
- . Double Toe Taps x5-10 reps
Note: keep deep abdominal to spine connection
Imagine: a belt cinched snug around your waist
- . Foot work: Point & Flex x10 sets
- . Scissors x10 sets
Options: Try flexed & pointed feet
- . Bicycle Forward x5 sets
- . Bicycle Reversed x5 sets
- . Double Straight Leg Stretch x5 reps
Note: keep abs in & spine stable...move legs from your hip joints
Modification: repeat Double Toe Taps
...Add Leg Beats x10 sets
Note: Leg Beats can be done high or low
High=Moderate/Low=Difficult
- . Spine Flex & Extend x5 sets
...Add Hip Hover x5 sets
- . Simple CrissCross x10 sets
Note: initiate from deep core...stay light on the ball
Imagine: right ribs to left leg when crossing to the left & visa versa
- . Supported Spine Extension x10 breaths

Seated Exercises

- . Spine Twist x5 sets
- . Spine Stretch Side x2 sets
Note: keep hips level...bend knees for tight legs & hips
-Add Spine Flexion x2 sets
- . Saw x5 sets
- . Flat Back Hinge x5 reps
Modification: bend knees for tight hamstrings

Key

1 set = x1 right & x1 left

OR x1 of a direction & x1 of the other direction (i.e. 1set of flex&point, 1 set of tuck&arch)

Reps =Repetitions