

Program name: The Gluteal Workout

Program date: 11/03/2020

The Pilates Rest Position

In the rest position your muscles are relaxed and your joints are in neutral alignment. You should try to incorporate the key points of the rest position into all postures throughout your day.

- Lie on your back with your knees bent up and your head supported on a small cushion or folded towel
- Relax the weight of your head into the support
- Lengthen the back of the neck by reaching the crown of the head towards the wall behind you
- Gently draw your shoulder blades down towards your waist to relax the neck and shoulders
- Soften the ribcage into the mat to connect the back of the ribcage on the mat
- Place your feet and knees hip distance apart
- Make sure that your weight rests on the six key points of the feet: the base of each big toes, each little toe and the centre of the heel on each foot
- Imagine your pelvis is a bucket of water. Tip it backwards to spill some water out the back of the bucket and you will feel your back gently flatten onto the mat. Now tip it forwards to spill some water out of the front of the bucket and you will feel your lower back arch slightly. Find your 'neutral spine' position by resting the bucket halfway between these two movements. There should be a small space between your back and the mat, and your pubic and hip bones should form a small flat triangle
- Maintaining the neutral spine position, INHALE wide into the sides and back of the ribcage and then EXHALE. At the end of your exhale, slowly draw up through the pelvic floor muscles to engage these and your deep abdominal muscles. Hold this gently contraction and keep breathing for up to ten breaths



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Clam

Level 1

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk with your head resting on this arm. Hips bent up to approx. 45° and knees bent up to approx. 90°. Shoulders and hips stacked. Top hand resting on the floor. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



Action

- INHALE to prepare
- EXHALE, lift the top knee upwards keeping the feet together
- INHALE, lower the top knee onto the bottom leg

Sets: 1 Reps: 10



Level 2

Starting position: Align the body as for level one. Then lift both feet into the air approx. 8 inches, keeping them stacked.



Action

- INHALE to prepare
- EXHALE, lift the top knee upwards, keeping the feet together and lifted off the mat
- INHALE, lower the top knee onto the bottom leg, keeping the feet lifted off the mat

Sets: 1 Reps: 10



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Side kick

Starting position: Side lying. Underneath arm outstretched in alignment with your trunk. Head rested on your arm. Hips bent slightly and knees bent to 90°. Shoulders and hips stacked. Top hand resting on the floor. Draw the top hip downwards away from the top shoulder to create a small space between your waist and the mat.



Level 1

- INHALE to prepare
- EXHALE, lift your top leg to hip height. Then glide this leg forwards from your hip joint, keeping the knee bent and the leg lifted at hip height
- INHALE, glide this leg back above your underneath leg, keeping the knee bent and the leg lifted at hip height
- Repeat keeping your top leg lifted to hip height

Sets: 1 Reps: 10



Level 2

- Extend both legs and flex your ankles. You should be able to see your toes if you look to your feet.
- INHALE to prepare
- EXHALE and lift the top leg to hip height, then glide this leg forwards from your hip joint, keeping the leg lifted at hip height
- INHALE, glide this leg back above your underneath leg, keeping your leg lifted at hip height
- Repeat keeping your top leg lifted to hip height

Sets: 1 Reps: 10



Level 3

- Challenge your balance by placing your hand on your hip.
- INHALE to prepare
- EXHALE, lift your top leg to hip height. Then glide this leg forwards from your hip joint, keeping the leg lifted at hip height
- INHALE, glide this leg back above the underneath leg, keeping the leg lifted at hip height
- Repeat keeping your top leg lifted to hip height

Sets: 1 Reps: 10



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Side kick

Level 4

- To challenge your balance further . . .
 - INHALE to prepare
 - EXHALE and lift your top leg to hip height
 - INHALE and hold this position
 - EXHALE and reach the underneath leg to meet your top leg
 - INHALE and hold this position
 - EXHALE, glide your top leg forwards, keeping both legs lifted off the mat
 - INHALE, glide your top leg backwards into alignment with your trunk, keeping both legs lifted off the mat
 - Repeat 6 - 8 times then . . .
 - EXHALE and lower one leg at a time
- Sets: 1 Reps: 10**



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Side kick

Level 5

Starting position: Assume the level 4 starting position. Then, draw your underneath elbow towards the shoulder to prop your upper body into a mild 'C' curve. Keep your head and neck in alignment with this curve.

Action

- INHALE to prepare
- EXHALE and glide your top leg forwards from the hip joint, keeping both legs and the upper body lifted up off the mat
- INHALE and glide your top leg backwards into alignment with the trunk from the hip joint, keeping both legs and the upper body lifted up off the mat
- Repeat 6 - 8 times then . . .
- EXHALE and lower the upper body and one leg at a time to the mat

Sets: 1 Reps: 10

Tips

- Imagine threading a ribbon between your waist and the mat to avoid sinking at your waist
- Imagine balancing a cup of tea on your top hip and shoulder to avoid moving these areas
- Imagine that the inner aspect of the top leg is polishing a glass tabletop to help keep this leg lifted at hip height
- Imagine the top hip joint is a hinge and your leg is swinging back and forwards from this hinge



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Lower & Lift

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk. Rest your head on your arm. Hips slightly bent with legs out long in alignment with the trunk. Shoulders and hips stacked. Top hand on hip or the floor for support. Draw your top hip downwards away from your top shoulder to create a small space between your waist and the mat.



Action

- INHALE to prepare
- EXHALE, reach your top leg away from your body and then lift it upwards on an arc. Simultaneously point this ankle.
- INHALE, lower this leg to the starting position. Simultaneously flex this ankle.

Sets: 1 Reps: 10



Tips

- Imagine balancing a cup of tea on your top hip and top shoulder to avoid moving these areas
- Imagine that the inner aspect of the top leg is polishing a glass tabletop to help keep this leg lifted at hip height
- Imagine that the front hand is resting on a cream cake to avoid heavy pressure through this hand

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Side leg lifts

Starting position: Side lying. Underneath arm outstretched in alignment with the trunk. Rest your head on your arm. Hips slightly bent with legs out long in alignment with the trunk. Shoulders and hips stacked. Top hand on hip or the floor for support. Draw your top hip downwards away from your top shoulder to create a small space between your waist and the mat



Action

- INHALE to prepare
- EXHALE, reach your top leg up to hip height
- INHALE and hold this position
- EXHALE, reach the underneath leg to meet the top leg
- INHALE and balance
- EXHALE and lower both legs to the mat



Sets: 1 Reps: 10

Tips

- Imagine two sheets of glass encasing the body, one along the front and one along the back to avoid rolling your body
- Reach your feet towards the wall at the foot end of the body to lengthen the legs
- Imagine a ribbon threaded in the space between your waist and the mat to prevent sinking your waist to the mat

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Shoulder bridge

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
- EXHALE, gently roll your lower back into mat, scoop your tailbone upwards and continue to peel your spine off the mat, bone by bone until you are resting on your shoulder blades
- INHALE and hold the shoulder bridge position
- EXHALE, lower the shoulder bridge by lowering one bone at a time to the mat, beginning with the highest vertebrae of your bridge and finishing with your tailbone to return to neutral position.

Sets: 1 Reps: 10



Level 2

- INHALE to prepare
- EXHALE and roll into the shoulder bridge position.
- INHALE and hold the shoulder bridge position
- EXHALE, lift and then lengthen your left leg forwards, reaching for the wall in front of you
- INHALE and fold this leg back to the mat to resume the shoulder bridge position
- EXHALE and lower the shoulder bridge.
- Repeat alternating legs and allowing your spine to return to the mat in between shoulder bridges

Sets: 1 Reps: 10



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Shoulder bridge

Level 3

- INHALE to prepare
 - EXHALE and roll into the shoulder bridge position.
 - INHALE and hold the shoulder bridge position
 - EXHALE, lift and then lengthen your left leg forwards, reaching for the wall in front of you
 - INHALE and fold this leg back to the mat to resume the shoulder bridge position
 - Continue 6 - 8 movements alternating legs without lowering the pelvis to the mat between each movement, then . . .
 - INHALE and hold
 - EXHALE and lower the shoulder bridge.
- Sets: 1 Reps: 10**



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Shoulder bridge

Level 4

- INHALE to prepare
- EXHALE and roll up to the shoulder bridge position
- INHALE, lift your right knee towards the chest, then continue to extend this right leg upwards towards the ceiling with a pointed ankle
- EXHALE, lower your right leg forwards to a horizontal position with a flexed ankle
- INHALE and lift your right leg upwards towards the ceiling with a pointed ankle
- Repeat this lower and lift movement three times, then
- EXHALE, return your right leg to the bridge position
- INHALE and hold the shoulder bridge position
- EXHALE and lower your shoulder bridge to return to the neutral spine position

Sets: 1 Reps: 10



Tips

- Imagine the spine is a string of pearls and you are lifting this string of pearls off the mat pearl by pearl
- Your hips should always be higher than your ribcage in the bridge position
- Keep your collarbones wide and the back of your neck long through out
- Imagine a harness suspended from the ceiling lifting and supporting the pelvis in the bridge