PROGRAMME · PILATES BALL

20 minutes for *a stronger core*

COREFLO

Duration · 20 min | **Level** · beginner + | **Frequency** · 3 times a week | **Rest** · 30 s between sets



1 Ball crunch

ABS

1. Lie with the ball under your lower back, knees bent, feet down.
2. Curl your upper body up as you exhale, arms reaching to your knees.
3. Lower slowly without resting your head.

3 × 12
chin slightly tucked



2 Bridge with ball

GLUTES · INNER THIGHS

1. Lie on your back, ball between your knees, feet flat.
2. Squeeze the ball and lift your hips as you exhale.
3. Hold for 2 seconds at the top, then lower slowly.

3 × 12
don't arch at the top



3 Chest squeeze

CHEST · ARMS

1. Stand with the ball in front of your chest, elbows open.
2. Squeeze the ball between your hands as you exhale, hold 2 seconds.
3. Release gently without dropping it.

3 × 12
shoulders down

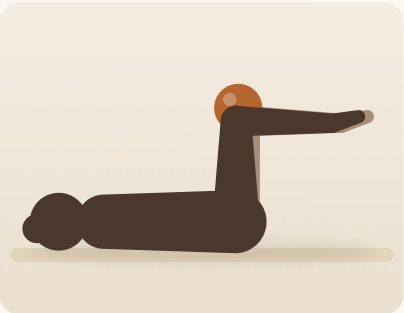


4 Seated twist

ABS · OBLIQUES

1. Sit with knees bent, torso leaning slightly back.
2. Hold the ball in both hands and twist to one side, as you exhale.
3. Return to centre, then twist to the other side.

3 × 16
twists in total, long back

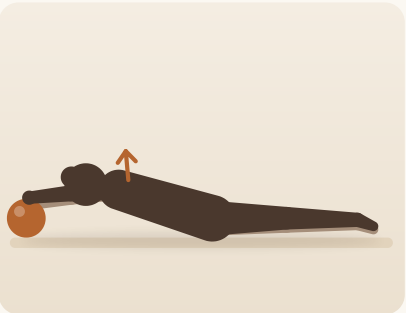


5 Tabletop squeeze

ABS · INNER THIGHS

1. Lie on your back, legs in tabletop (knees over hips).
2. Squeeze the ball between your knees as you exhale, hold 3 seconds.
3. Release a little without dropping the ball.

3 × 12
lower back on the floor



6 Swan

BACK · POSTURE

1. Lie face down, hands resting on the ball in front of you.
2. Gently lift your chest as you exhale, gaze down.
3. Lower slowly, one vertebra at a time.

3 × 8
long neck, hips on the floor

Pilates breathing

Warm up for 3 minutes before you start. Breathe in through your nose to prepare, and out through your mouth during the effort. Keep your belly button gently drawn towards your spine.

Practise safely

Inflate the ball just enough for it to stay soft under your hand. Stop any exercise that causes pain. If you have an injury, are pregnant or have a health condition, ask a doctor or physiotherapist before you start.