

# *Vibrant Life*

*Nutrition, Fitness and Lifestyle Coaching*

## Vibrant Life Pilates Week 2



## Upper Body Moves

1

Starting position - hands and knees.  
Exhale – engage your abdominals and keeping the rest of your body still extend one arm forward.  
Inhale – tap your hand down on the mat  
Exhale – lift your hand up, extend your arm to the side  
Inhale – tap your hand down to the mat



2

Starting Position - prone  
Exhale – engage your abdominals, stabilize shoulders, lift your head, neck, shoulders and arms off the mat, extending your arms forward.  
Inhale – bring your hands back beside your ears and lower your head, neck, shoulders and arms, relaxing your shoulders  
repeat



## Lower Body Moves

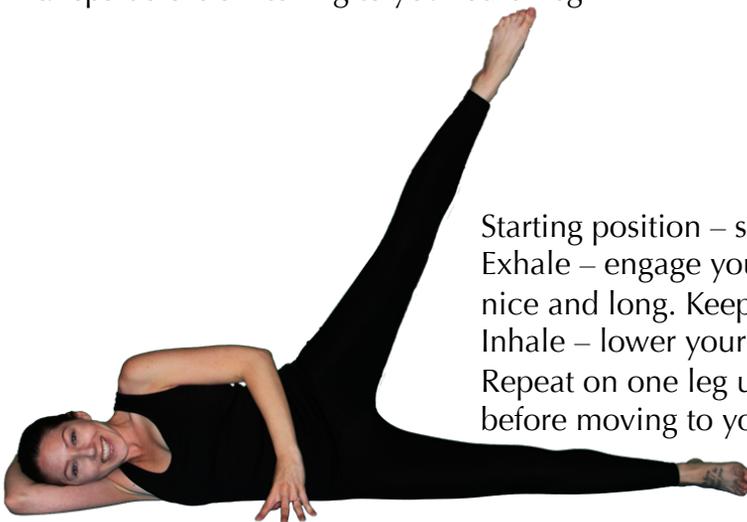
3

Starting position – hands and knees  
Exhale – engage abdominals reach one foot up towards the ceiling.  
Inhale – lower your leg, hovering over the mat  
Repeat on one leg until you have finished desired time/reps before switching to your other leg



4

Starting position – side lying  
Exhale – engage your abdominals, lift your top leg, reaching it nice and long. Keep your toes pointed  
Inhale – lower your leg to just hover over your bottom leg  
Repeat on one leg until you complete your desired reps/time before moving to your next leg



## Core Moves

5

Starting position – supine table top

Reach both arms up with palms facing each other.

Exhale – engage your abdominals and extend one arm and the opposite leg. Be sure to not let your ribs pop up as your arm extends back, keep your abdominals engaged.

Inhale – bring your leg and arm back to your starting position

Exhale – extend your other arm and leg.

repeat



6

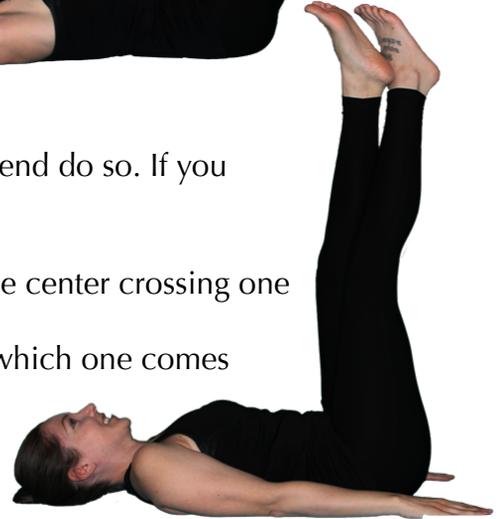
Starting Position - supine table top

Extend both legs reaching up. If you can keep your legs fully extend do so. If you need to you can have a slight bend at your knees.

Inhale – open each leg out to the side

Exhale – engage your abdominals and bring both legs back to the center crossing one over the other.

Repeat – each time you bring your cross your legs over switch which one comes closer to your body.



## Plank Variations

7

Starting position – hands and knees

Come onto your forearms. Make a fist with your hand directly under your head and extend your elbows out towards the side of your mat.

Exhale – engage abdominals and extend your legs back into a plank

Hold



8

Starting position – Plank

Exhale – engage your abdominals, Lift one leg of the mat

Inhale – lower your leg.

Exhale – lift opposite leg of the mat

Inhale – lower leg

Repeat

