



GMVA 2019 Pilates Strength Program

Warm Up:

- Walking for a few minutes

Program:

Prone alternating hand lift to touch shoulder with no hip movement
10 each arm alternating

On back, 90 degrees in hips and knees. Have band around one foot & hold with that side hand. Slowly push that foot away
10 each leg

Big breathing push up. Full breath into your belly on the way down, and full breath out on the way up. 2 seconds down and 2 seconds up, big control. Chin & hips must touch ground
8-10 push ups, going to knees is fine

90 Degree knees and hips, drop feet towards the ground while reaching over head with hands. Don't change angle in knees, only flex and extend through hips
10-15 reps

Lay on ground with 90 degree knees and feet flat. Hands on thighs, pull down in tummy, slowly roll up to touch your knee caps while breathing out. On the way down and at the bottom don't relax your abs
15-20 reps

Warm Down:

- GMVA warm down exercises
- Trigger point work through glutes and hips with the Point of Relief

