



GMVA 2020 Pilates & Strength Program

Warm Up:

- A few minutes of movement

Program:

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

On back, 90 degrees in hips and knees, slowly push alternate foot away to straight and nearly touch ground. Don't move other leg
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
10-15 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. Can hold band in hands to make harder
10-15 reps

Prone lateral stepping. Opposite hand and foot, control
10-15 steps each way

Warm Down:

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

