

GMVA PILATES PROGRAM

90 degree knees and hips, alternate leg press, slow tempo
Breath out as press leg away, breath in as take back
20 reps, build to 30

Prone hold with alternate hand to chest, slow tempo
No body movement at all and must continue breathing
20 reps, build to 30

90 degree knees and hips, locked hip hinge, slow tempo
Feet to lightly touch the floor
15 reps, build to 25
Overload is resistance band around knees

Prone horizontal squats, slow tempo
Drop knees towards floor, push back and breath out
15 reps, build to 20
Overload is progress to an alternate single arm, no rotation at all!

90 degree hips and knees, brace up in crunch with upper back off the ground
with straight arms, pump them up and down while breathing quickly
Tempo is fast and at the speed of breaths
60 reps, build towards 100

Double leg bridge, with alternate leg straighten, no body movement
Hold each leg lift for 5 seconds
20 reps, build to 30
Overload is resistance band around knees

Repeat Circuit 3 times

Warm Down:

Use your Point of Relief through glutes and hips
Complete GMVA Active Warm Down Exercises