

# Amanda Hamilton

## Mini retreat-style Pilates routine

### Warm Up

Joint mobility sequence - use your own

### Roll Downs: - Start Position

1. Pelvic neutral, tailbone lengthening down, long spine, scapulas anchored.

### Roll Downs:- Action

1. **Strong zip & hollow**, and (breathing in), lengthen up through the spine & release the head and neck.
2. (Breathing out): Let your chin drop onto your chest and the weight of your head **"wheel"** the rest of your spine off the wall. Arms hang loose. Knees soft & remaining wide (not collapsing inward). If your back is sore, try sliding your hands down your thighs.
3. (Breathing in): Let your arms and head hang.
4. (Breathing out): Tuck your tail bone in and your pubic bone forward, & **(remain firmly zipped and hollowed)**, slowly wheel your spine vertebrae by vertebrae back onto the wall.
5. Repeat 3 times, moving directly into plank for up to 3 x 1 mins if you want to increase the workout.

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## Front Lying Sequence (mermaid feet)

### The Dart:- Start Position

1. Lie on your front with forehead to the mat.
2. Arms at your sides. Legs together and toes pointing.
3. Lift your navel off the mat (a 10% effort - like melting upward), and grow tall.
4. Lift your hands and reach your fingertips to the wall behind.

### The Dart:- Action

1. Inhale to lift your chest and shine your breast bone forward
2. Exhale to knit the ribs together between the shoulder blades
3. Repeat the above to ratchet the upper body higher
4. Repeat three to six times
5. Increase to include legs, turning into Swimmer exercise. Add mermaid feet, bringing heels together to make even trickier! Continue to 'swim like a mermaid' for as long as possible - stop and take a few rests - but keep good position throughout!

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## SIDE LYING SEQUENCE

### The Lying Side Flex:- Start Position

1. Lie on your side with hips stacked
2. Your underneath arm stretches out in perfect line with your torso, and cradles your head.
3. Scapulas anchored and Pelvic neutral. Long Spine.

### The Lying Side Flex:- Action

1. Breathe in and zip and hollow.
2. Zip and hollow and (breathing out): lift your top leg
3. Pause and hold (one or two seconds).
4. (Breathing out): Return your leg and arm and relax.
5. Repeat three to five times each side.

Next, bring knees to 90 degrees and 'float' the top leg out directly over bottom knee. Baby bracelet circles, 10 on each side.

Finally, bring knees back to clam shell position and do a minimum of 10 slow and controlled, lifting lower foot off the mat to make it harder. End with some hip mobility helper of knees touching and big toes touching.

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## GLUTE WORK

### Shoulder Bridge:- Start Position

Lie on your back and anchor your palms and shoulder blades into the mat.

- Place your feet a foot length away from, and in line with your hips.
- Your knees should be in line with your hips.

### Shoulder Bridge:- Action

Scoop deep and clench your butt, inhale, exhale and slowly peel up

- Pause & lengthen your tailbone toward the back of your knees.
- Roll back down to the ground: your upper back, your mid back, your low back, and finally your tailbone.

### Progressions

- Once up, bring knees together for 10 pulses +
- Once up, lift heel(s) off the ground
- Once up, lift one leg, toe pointed and pulse upwards for 10 each side (maintain full bridge position)

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## ABDOMINAL WORK

### Perfect Abdominal C-Curl Ups:- Start Position

1. Lie in the Relaxation Position on your back
2. Lightly cradle the base of your skull with the fingers of one hand and perform the chin tuck.
3. Place your other hand on your lower abdomen to check that it does not bulge upward.
4. Anchor the scapulas.

### Perfect Abdominal Curl Ups:- Action

1. Breathe in, and zip and hollow.
2. (Breathing out): try to lift your chest off the ground. This is a subtle movement- only the spine at the lower end of your chest bends, and then only a little. Even with this small movement, your upper body has sufficient weight to really challenge those "abs. "!
3. Keep the length and width in front of the pelvis, and make sure that the tail bone stays down on the ground (pelvic neutral).
4. (Breathing in): slowly curl back down.
5. Repeat three to five times each side.

### The Single Leg Stretch:- Action

1. Breathe in and zip and hollow.
2. (Breathing out): Bring one knee up at a time to your chest.
3. Breathe in, and gently clasp your right knee with both hands.
4. (Breathing out and still zipping): slowly straighten your left leg up into the air. Keep your pelvis in neutral and your scapulas anchored.
5. (Breathing in): bring your left knee back to your chest.
6. Swap hands over on to the left knee, and do the same but on the opposite side.
7. Repeat six to eight times each leg.

**Progressing** - Start in knees bent, sit up position, move down into C-curl shape and slowly lift limbs away - one leg, two legs, both arms etc. Or, try full roll ups.

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## STRETCHING

Stretch as you would normally, I also recommend adding at least one progressive stretch where you hold for at least 1 minute. Here's a Hamstring Stretch that works on the area most of us neglect!

### Hamstring Stretch- Start Position

1. Lie on your back.
2. Bring your right leg up, and hold where possible, but not behind knee. Other leg out straight on mat.

### Hamstring Stretch- Action

1. Breathe in wide and full.
2. Zip and hollow, maintain pelvic neutral.
3. Breathe out and at the same time, slowly straighten the leg into the air.
4. Now breathe normally. Hold for 20 seconds. Maintain pelvic neutral. On next breath bring leg closer to you. Repeat 3 times.
5. Repeat on other leg.