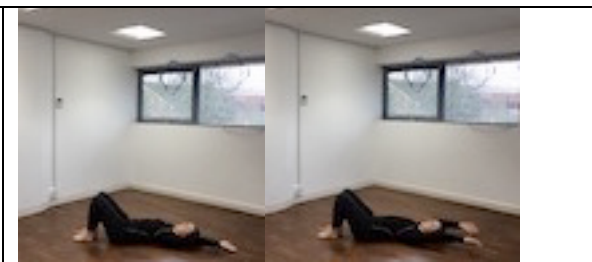
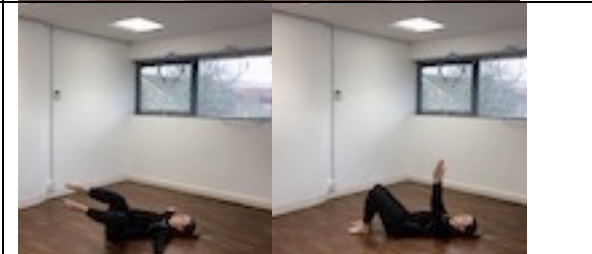
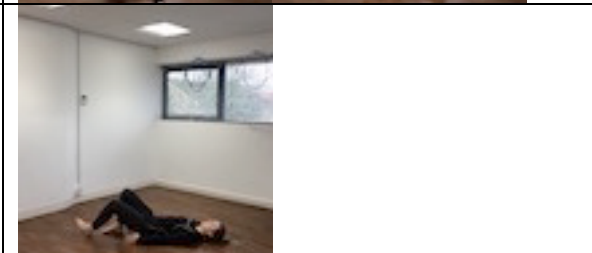


### 30 Minute Holiday Pilates Workout

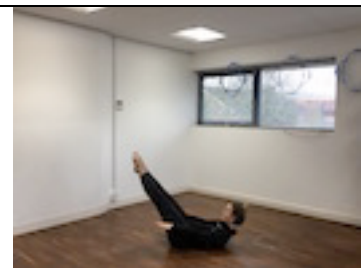

#### Prep phase

This is your warm up phase. I have started it lying on a mat to begin with so you can just throw your mat down on a beach or where ever you are spending your holiday and just start with these nice mobility exercises.

<p>Lying in table top with arms by side on little fingers only – Toy Solider Arms          Staying centred and controlled precision marker – no abdominal doming or moving. X 10 reps.          Flow – exhale to raise arm over head, inhale to return and switch</p>	
<p>Leg Rolls - Lying in table top with arms in the up position. Roll legs one way and arms the opposite. Stay centred and controlled, With flow, inhale to centre and exhale to the side.          Precision markers – no abdominal doming, knees and ankles stay parallel and don't drop in. x 10 reps</p>	
<p>Heel slides – From table top with arms in up position, single leg fold to floor slide heel along to a long extended leg about 6 inch above the floor. Think length of leg. Flow. Inhale to return, exhale to move. Precision marker, no popping through the back or abs. Control</p>	





### Main Phase

<p>100 either in table top or full classical leg position. Precision marker for leg position is whether you can maintain centering through spine. No popping. Oscillating breath</p>		
<p>Side Lying leg lift into side bend Start with side lying kick in torpedo leg position with bottom rib elevated. Centre and lift both legs off the floor. 10 x leg lifts. Precision marker no rolling forward or back, abdominal &amp; spine alignment doesn't pop, No movement above the belly button. Flow, inhale then exhale to lift inhale to return. Flow in one fluid movement to a count of 4. Not pick up and pause.</p> <p>Place legs back. Top leg behind as anchor, bottom leg in front with heel into ankle of back foot. Bend both legs to your required bend and push up into side plank either on your knees or full. Hold stable and get control through breath. Precision marker is no forward or back movement. Inhale, exhale kiss the hip to the floor slowly, inhale to return x 10</p>		
<p>Teaser</p> <p>Starting from table top, curl up to back of sit bones into teaser. Inhale to prepare exhale to move. Hold in teaser position and breath. Precision marker is to sit in tall thoracic neutral. 5 x teaser. If precision marker is held then you can end pose with extended legs and arms</p>		
<p>Swimming for 30 seconds. Lying on front with extended arms. Maintain neutral with shoulder blades in pockets, neck long at the back. Lift into swimming position and pump arms for 30 seconds. Precision marker is long neck and no side to side rocking. Oscillating breath</p>		

Repeat the 4 exercise for between 1 and 3 sets.



### Closing Phase

<p>The Saw. Sit tall in saw position. Shoulders in pockets, centred in neutral. Inhale to centre, exhale to rotate into full saw or spinal twist. Flow with the breath. Precision marker is no pelvic lift, finishing centred. X 5 each side</p>		
<p>Spine stretch. Sit tall in spine stretch with legs closed. Centred, Inhale to prepare, exhale lift up out of the pelvis over the beach ball into a spine stretch. Maintain down position for 2 breath cycles and inhale to prepare, return with exhale to seated extended neutral position. X 5</p>		

Repeat above.