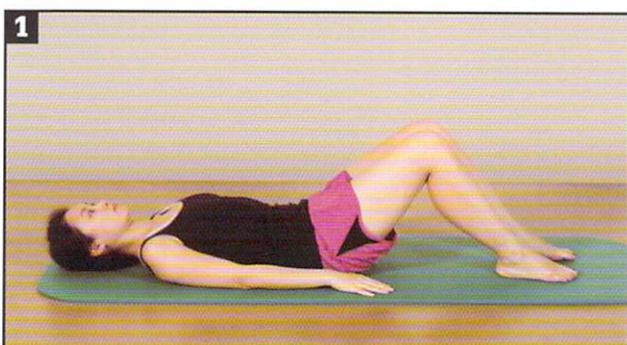
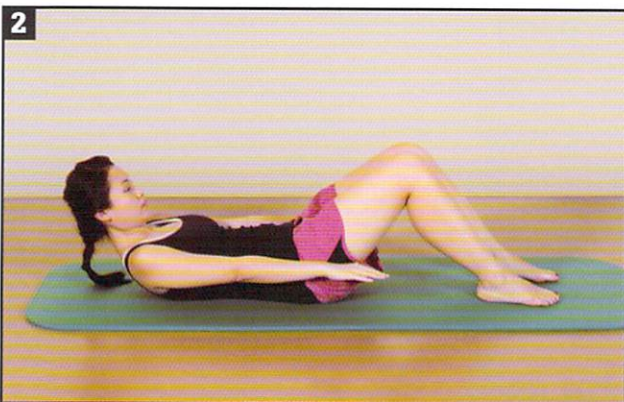


BASIC PILATES MAT EXERCISES FOR BEGINNERS

1. Hundreds



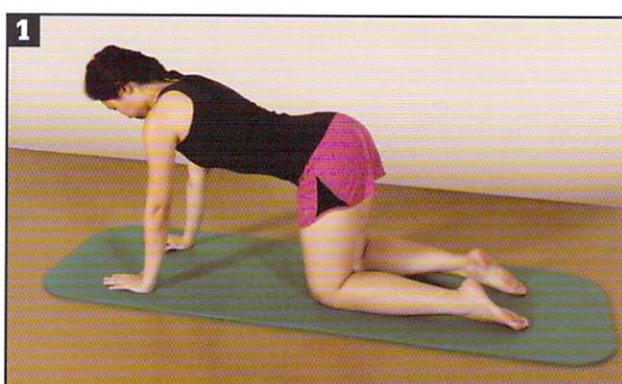
1
Begin with lying in supine, knees bent and hands on the side.



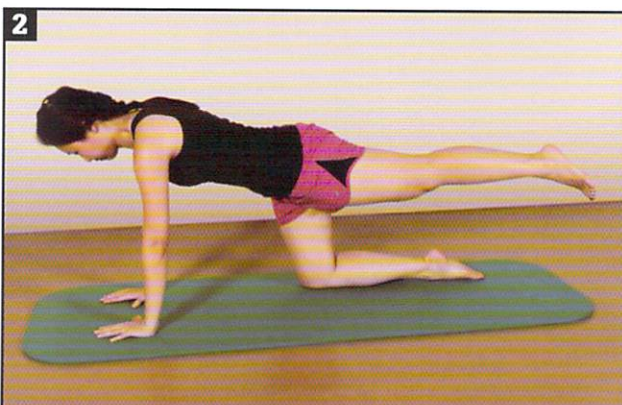
2
Inhale and slowly lift your head and shoulders off the floor and try to reach your fingers towards your feet while keeping the hands a few inches above the mat. Keep your chin close towards your chest to prevent neck strain.

Exhale and return back to resting position. Repeat three sets of 10 repetitions or up to point of fatigue.

2. Knee to Chest



1
Begin with four-point kneeling, hands and knees on the mat. Hands and knees should be shoulder and hip width apart respectively. Maintain a slight curve in the lower back.



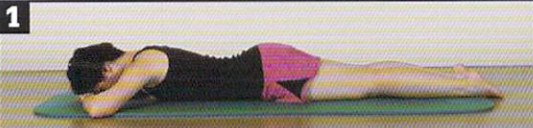
2
Inhale and slowly straighten one leg back while balancing on both hands and opposite knee.

Exhale and draw the leg back while still maintaining the curve in the lower back. Repeat three sets of 10 repetitions or up to point of fatigue.

BASIC PILATES MAT EXERCISES FOR BEGINNERS

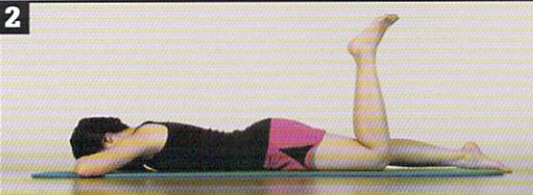
3. Single Leg Kick

1



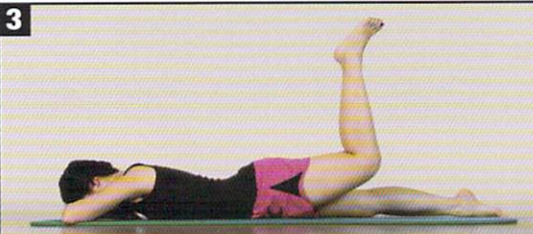
Begin with lying in prone, forehead resting on hands and legs together flat on the mat.

2



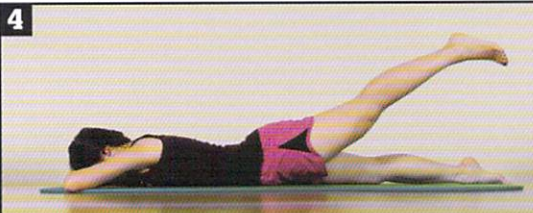
Inhale and bend one knee towards the buttock until the foot points towards the ceiling.

3



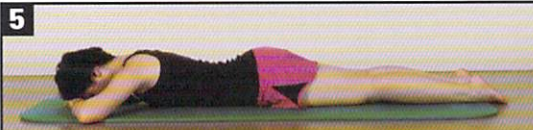
Lift the thigh 3 inches off the mat while keeping the knee bent.

4



Exhale and straighten the knee with the thigh still lifted.

5



Lower the leg down on the mat once the knee is fully straightened. Repeat three sets of 10 repetitions or up to point of fatigue.

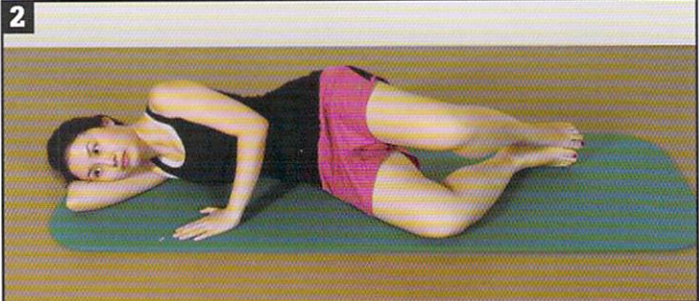
4. Clams

1



Begin with lying on the side, knees bent and feet placed together inline with the torso.

2



Inhale and lift the knee on the top while keeping your feet together at all times. Make sure that your torso is straight and not rotated backwards as you lift your knee.

Exhale and return to resting position. Repeat three sets of 10 repetitions or up to point of fatigue.



Ms Vernetta Wong

Vernetta Wong is the Senior Physiotherapist and a certified clinical pilates instructor in the Physiotherapy Department of Tan Tock Seng Hospital. She had completed her Master of Musculoskeletal Physiotherapy in University of Queensland, Australia in 2012. Her area of interest is neck and back conditions and she works closely with this group of patients.