



Pilates  
Anytime

# Basic Mat Workout

Niedra Gabriel

**INTRODUCTION.** Welcome to Niedra Gabriel's basic mat workout. Throughout all Pilates exercises please ensure that you pull stomach muscles in and up, lengthen your back and tighten your buttocks.

**WARM UP.** Start by lying on your back with knees bent and feet on the floor.

1. Single leg lifts. Lift and lower each leg alternately. Repeat 5 times.



2. Alternating leg lifts. Right leg up, left leg up, right leg down and left leg down. Repeat 5 times.



3. Lift and lower both legs simultaneously. Repeat 5 times.



4. Arms to ceiling, lift chest and head whilst focusing on the upper abdominals, reach arms to ankles, lower to floor. Repeat 5 times.



5. Lift upper and lower body at same time into a crunch position. Focus on both upper and lower abdominals. Repeat 5 times.



**HUNDREDS.** Lift legs to ceiling, lift head and chest, reach arms to ankles, pump arms up and down while breathing in and out for every 5 pumps. Complete 100 pumps.



**ROLL BACK.**

1. Sitting up with knees bent, hold behind knees, roll back till arms are straight, roll back up. Repeat 5 times.



2. Roll down to floor with knees bent and arms reaching forward, roll back up. Repeat 5 times.



3. Roll to floor with legs straight, reach arms overhead then roll back up and reach forward. Repeat 5 times.



**SINGLE LEG CIRCLES.** Lying on back, lift right leg to ceiling and circle 5 times one way, and 5 times the other way. If flexibility is limited keep left knee bent as shown in first picture below. Repeat with left leg.



**ROLLING LIKE A BALL.** Hold ankles and roll back and forth. Repeat 10 times



**SINGLE LEG STRETCH.** Lying on back bend right knee to chest, stretch left leg out, hold bent knee with both hands, then switch legs. Repeat 10 times.



**DOUBLE LEG STRETCH.** Starting with both knees bent into chest, holding shins, reach both arms and legs out, and then pull knees back to chest. Repeat 10 times.



**SCISSORS.** Lift both legs to ceiling, hold right leg with both hands, while keeping legs straight, stretch right leg towards you twice, and then switch legs. Repeat 10 times.



**LOWER LIFT.** Lower and lift both legs with hands behind head. Repeat 10 times.



**SPINE STRETCH FORWARD.** Sit with legs spread apart, reach arms forward, bend forward rounding back, then roll up to straight back.

Repeat 5 times.



**OPEN LEGGED ROCKER.** Lift both legs in air, like a "V" and hold ankles with hands.

Rock back and forth 5 times.



**SAW.** Sit with legs apart and stretch arms to the side, flex feet, twist to the right and extend the left hand to the right foot, pulsing 3 times with the stretch, sit up and repeat on other side.

Repeat both sides 5 times.



**CORKSCREW.** Lying on back, both legs in air draw a circle in the air with both legs; turning clockwise, then counter clockwise.

Repeat 3 times.



**SINGLE LEG KICK.** Lying on stomach, lift up onto elbows, legs extended on the floor. Bend one knee in toward buttocks, then bend the other leg.

Repeat 5 times.



**DOUBLE LEG KICKS.** Lying on front, hold hands behind waist, kick buttocks with both feet 3 times, then stretch legs and lift chest, pulling arms back.

Repeat 5 times.



## SIDE KICKS.

**1. UP AND DOWN LOW.** Lying on right side, supporting head with hand, lift and lower left leg, extending out of pelvis. Repeat 10 times.



**2. UP AND DOWN HIGH.** Big kicks up and down to the ceiling, keep hips quiet, turning the kicking leg out.



**3. LITTLE CIRCLES.** Top leg does 8 small circles forward, then 8 small circles back.



**4. INNER CIRCLES.** Bend top leg in front and lift the lower leg up and down and repeat 8 times. Then circle leg 8 times clockwise and then 8 times anti-clockwise.



**5. DOUBLE LEG LIFT.** Lifting both legs sideways. Repeat 5 times.



**LITTLE BEATS.** Lying on stomach with head resting on hands, lift both legs up and beat heels together 24 times.



Roll over to left side and repeat side kicks 1 to 5 with the right leg.

**TEASER.**

1. One Leg In Air. Lying on back, bend knees, extend left leg straight into the air with knees glued together. Roll body up and reach for toes. Repeat 3 times. Repeat with right leg stretched into the air.



2. Both Legs In Air. Lying on back lift both legs in to the air and roll up and reach for toes, roll down Repeat 3 times.



**SEAL.** Holding inside of ankles roll back and up, clap feet together 3 times (similar to rolling like a ball). Repeat 5 times.



**WALL.** Standing with back to wall, feet about 12 inches from the wall, roll down, make 3 small circles with the arms, reverse, then roll up. Repeat 3 times.



**COOL DOWN.** After the wall exercise stand tall, extend your legs into the ground and take a few moments to allow this workout to be absorbed into the body. Find your breath and balance. Feel rejuvenated and strong.

Now enjoy the rest of your day!