



## **PILATES MATWORK FOCUS ON ALIGNMENT**

### **PELVIC ALIGNMENT**

#### **SEATED PELVIC ALIGNMENT**

Sit on the floor. Bring your legs into the diamond position.

1. Place one hand on the floor. Bring your knee to the floor. Lift your other knee toward the ceiling, lifting your hip, up from the floor. Roll your tailbone down to the floor. Sit down center. Repeat to the other side.
2. Repeat movement. Start with the higher side. Lift up and roll to center three to five times. Repeat on the other side.
3. Place one hand on the floor. Bring your knee to the floor. Lift your other knee toward the ceiling, lifting your hip, up from the floor. Lift your other arm to the ceiling and repeat the movement.
4. Place one hand on the floor. Bring your knee to the floor. Lift your other knee toward the ceiling, lifting your hip, up from the floor. Lift your arm to the ceiling. Lift your other arm off the floor and repeat.

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## **SUPINE PELVIC ALIGNMENT**

Lie on floor with knees bent.

Imprint

Arch

Neutral

THE BRIDGE

NOTES:

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## **FIND YOUR STRENGTH**

Press up

Press down

## **THORACIC ALIGNMENT**

Lie on floor with knees bent.

Imprint

Arch

Neutral

THE HUNDRED

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## **PRONE SHOULDER ALIGNMENT**

Lie on floor on stomach

Elevation

Depression

Protraction

Retraction

SWAN PREP

SWIMMING

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## **SUPINE SHOULDER ALIGNMENT**

Elevation

Depression

Protraction

Retraction

SIDE KICKS

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## **BREATH**

### **Breath Capacity**

Increasing capacity through division of inhalations and exhalations

HUNDRED - 2/2, 5/5, 3/7  
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SPINE TWIST - Long inhale, long exhale, 4 count inhale,  
4 count exhale  
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### **Breath and Rhythm**

Matching breath and movement pace  
Slow breath/ Slow Movement, Fast breath, fast movement, slow breath,  
fast movement, fast breath, slow movement

SINGLE LEG STRETCH

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**CRISS CROSS**

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**SIDE LEG KICK SWEEPS – 4 COUNT FRONT, 4 COUNT BACK  
DOUBLE INHALE FRONT, LONG EXHALE BACK**

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**SIDE BENDING**

**SIDE BENDS WITH BREATH CHANGE**

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## **ROTATION**

### SEATED TWIST

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## **SPINAL ROLLING**

### ROLLING LIKE A BALL

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## **EXTENSION**

### SWAN

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