

# Basic Pilates Home Exercise Program

14 exercises that can all be done with no equipment in the comfort of your own home!  
Aim for 20 repetitions of each exercise or until your reach fatigue, whichever comes first!

If you have pain or injury, or experience pain with any of these exercises, please consult your Physiotherapist before continuing.

## Bridging

Progression: Add in a single-leg kick



## Toe taps

Progression: Leg extensions instead of toe taps



## Spine twists

Regression: Keep your feet on the floor



### Seated roll downs

Progression: Raise arms over head as you roll down



### Clams

Progression: Raise both feet off the floor



### Side leg raises

Progression: Extend bottom leg to be straight



### Side plank on elbow

Progression: Move onto your hand and feet (much harder)



### 4-point kneeling arm/leg extensions with a curl

Regression: Keep arm on the floor



### Plank on knees

Progression: Move on to toes



### Push ups on knees

Progression: Move on to toes (much harder)



### Squats

Progression: Raise arms overhead as you squat down



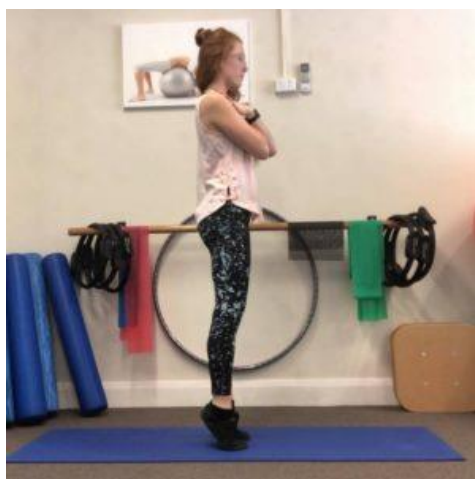
## Lunges

Progression: Finish with 10 pulses at the bottom of your lunge



## Heel raises

Progression: Single leg heel raises



## Single leg balance

Progression: Take arms overhead as you lean forwards

