

# Pilates Ball Exercises

## **Sitting**

- Breathing into the side and back of the ribcage
- Activating the co-contraction
- Pelvic tilt flexion and extension
- Pelvic circles, both directions
- Lateral shifts
- Alternate leg lifts
- Roll down, bridge (reaching knees), roll up
- Scapula reaches, scapula range of motion
- Spinal twist
- Saw
- Spine stretch

## **Quadruped**

- Hand-walk forward/ scapula stabilization
- Push-ups
- Chest float variations
- Flat-back (diagonal reaching)
- Leg circles
- Rest position

## **Supine**

- Curl and reach (heels on ball)
- Pelvic tilt (heels on ball)
- Articulating bridge
- Double leg lift
- Corkscrew
- Hip stretch I, II

## **Standing**

- Wall squats parallel, wide V