

# PILATES SERIES

## HOW TO DO PILATES

# The Hundred



The Hundred exercise is called this because you hold the posture for 100 beats and it is great to do at the beginning of the workout because it warms the entire body up.

Lie on your back with your knees bent and up in the air, your knees and hips forming 90-degree angles.

Your back should be in Neutral Spine. If this position feels like a strain on your lower back, try keeping your feet down on the floor for now.

Inhale: Reach your arms straight up to the sky. Your palms should be facing forward.

Exhale: As you reach your arms back down to the floor, lift your head and roll up to the Pilates Abdominal Position with your shoulder blades just off the mat.

Think of squeezing a tangerine under your chin on the way up. Your palms gently slap the floor in a percussive rhythm.

Inhale deeply for 5 beats

Exhale using percussive breathing, exhale for 5 beats (saying shh, shh, shh, shh, shh).

Percussive breathing is forced exhalation using the abdominal muscles; think of forcing the air out in short percussive blows.

Hold the position and continue pulsing your arms for 10 breaths.

10 breaths is 100 total beats (5 for each inhale and 5 for each exhale).

**DSCC MWR Trainer Tip: Do not continue this exercise if you feel a strain on the neck.**