

PILATES SERIES

HOW TO DO PILATES

THE ROLL UP



Lie on your back with legs straight. Bring your arms straight up over your head and back so that your fingertips are pointing to the wall behind you.

Inhale: Leave your scapula down as you bring your arms up overhead. As your arms pass your ears, let the chin drop and the head and upper spine join the motion to curl up.

Exhale: Continue in one smooth motion to curl your body in an "up and over" motion. Pull in your abs in and deepen the curve of your spine as you exhale. Reach for your toes keeping the head tucked, the abdominals deep, and the back rounded.

Inhale: Bring the breath fully into your pelvis and back as you pull the lower abs in, tuck your tailbone under, roll back one vertebrae at a time to the floor. The inhale initiates this motion until you are about half way down. Be sure to keep the legs on the floor and don't let them fly up as you roll down.

Exhale: Continue to set one vertebra after another down on the floor. Keep your upper body curve as you roll down slowly and with control. The arms are still outstretched and following the natural motion of the shoulders as you roll down. Once your shoulders come to the floor, the arms go with the head as you continue to roll down to the mat.

The roll up is one continuous, controlled and flowing motion. Do 5-10 Reps