

# **PILATES SERIES**

## **HOW TO DO PILATES**

### **Rolling Like A Ball**



- 1. Start at Balance point - Bend legs lift off the floor and your hands holding the front of your knees (one hand on each knee).**
- 2. Inhale: Roll back onto your upper back and do a Hip-Up, using your lower Abdominal Scoop to lift the hips. Squeeze your butt to get an extra lift. Don't roll too far back onto your neck.**
- 3. Exhale: Returning to your Balance Point, using your Abdominal Scoop as the brake to the rolling. This exercise is great for core strength and balance. It is also a great way to massage the muscles of the back while exercising.**