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## Pilates-flow sequence

This Pilates-flow sequence is a mat-based session focusing on smooth, flowing movements using core control for stability, combined with a relaxed breathing pattern. Slower is generally better so that you can concentrate on each part of every move rather than rushing ahead without control.

When we did this in class we practiced each move on its own before adding it into our flow sequence - you might like to break it down like that at home or if you are familiar with the moves, you may prefer to go straight into the sequence. All the moves are done in a supine (lying face-up) position. You may like to have a folded towel or a cushion to support the back of the head.

Begin by spending a few minutes grounding and settling into your breath, letting go of your day and connecting with how your body feels in that moment.

I've added different sequence options below – sequence 1 is the more basic moves, sequence 2 has a mixture of basic with some options and sequence 3 has all the optional extras.

1. alternate knee lifts (starting in relaxation position) > option to progress to alternate knee lifts coming into table top position by lifting and then lowering one foot at a time
2. abdominal curls (starting in relaxation position) > option to add oblique twist
  - **sequence 1:** knee lift (single leg) – hold – abdominal curl – oblique twist towards the leg – uncurl – lower leg – repeat on other side – start again
  - **sequence 2:** alternate knee lift into table top – hold – abdominal curl – oblique twist x each way – uncurl – lower legs one at a time – start again
3. knee rolling (starting in relaxation position with feet and knees close together) > option to bring top foot off the floor OR start in table top position with both feet off the floor
  - **sequence 1:** knee lift (single leg) – hold – abdominal curl – oblique twist towards the leg – uncurl – lower leg – repeat on other side – knee rolling with feet on the floor – start again
  - **sequence 2:** alternate knee lift into table top – hold – abdominal curl – oblique twist x each way – uncurl – lower legs one at a time – knee rolling with feet on the floor – start again
  - **sequence 3:** alternate knee lift into table top – hold – abdominal curl – oblique twist x each way – uncurl – knee rolling with legs in table top position – lower legs one at a time – start again



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4. alternate leg slide (starting in relaxation position) > option to add leg abduction (thigh moves out to side with no rotation)
  - **sequence 1:** knee lift (single leg) – hold – abdominal curl – oblique twist towards the leg – uncurl – lower leg – repeat on other side – knee rolling with feet on the floor – alternate leg slide – start again
  - **sequence 2:** alternate knee lift into table top – hold – abdominal curl – oblique twist x each way– uncurl – lower legs one at a time – knee rolling with feet on the floor – alternate leg slide with – start again
  - **sequence 3:** alternate knee lift into table top – hold – abdominal curl – oblique twist x each way– uncurl – knee rolling with legs in table top position – alternate leg extension with abduction – lower legs one at a time – start again
5. shoulder bridge (start with feet hip width or wider and close to your bottom) > option to change to single leg shoulder bridge
  - **sequence 1:** knee lift (single leg) – hold – abdominal curl – oblique twist towards the leg – uncurl – lower leg – repeat on other side – knee rolling with feet on the floor – alternate leg slide – shoulder bridge – start again
  - **sequence 2:** alternate knee lift into table top – hold – abdominal curl – oblique twist x each way– uncurl – lower legs one at a time – knee rolling with feet on the floor – alternate leg slide with abduction – shoulder bridge – start again
  - **sequence 3:** alternate knee lift into table top – hold – abdominal curl – oblique twist x each way– uncurl – knee rolling with legs in table top position – alternate leg extension with abduction – lower legs one at a time – single leg shoulder bridge x each side – start again

I haven't specified number of repetitions so that you can add as many or as few as you want. You can of course also do as many or as few of the different moves as you want – if there's one that you don't like, miss it out because life is short!!

Here's a video of the three sequences if you need it: [pilates flow sequence](#)

Enjoy Jx

*(PS let me know if you're not sure what any of the moves are & as always, check with your health care professional if you are unsure whether these exercises are suitable for your body right now)*