

MORNING PILATES ROUTINE

Focus: Core & Mobility Duration: 30 Minutes Date: _____

DONE	EXERCISE	FOCUS POINTS	DURATION
	Pelvic Tilts	Imprinting spine, breath awareness	2 Mins
	The Hundred	Steady pumping, engaged powerhouse	3 Mins
	Roll Up	Articulation of vertebrae, no momentum	5 Mins
	Single Leg Stretch	Stability in torso, pointed toes	4 Mins
	Spine Stretch	Forward flexion, active hamstrings	4 Mins
	Saw	Rotational control, reaching wide	4 Mins
	Swan Dive	Back extension, open chest	4 Mins
	Plank to Pike	Shoulder stability, tailbone high	4 Mins

REFLECTIONS & INTENTIONS