

# Your Pilates Health Journey



## Stage 1 - Build Your Foundation

This stage is all about getting started with the exercises and getting comfy on the mat.

You might be suffering with aches and pains and are looking for exercises to help get you started or you might have done Pilates before but want a refresher.

Then this stage is perfect for you.

I'll introduce:

- The 5 Pilates Elements to get comfy on your Back
- How to Engage the Core Muscles
- How to get comfy on your hands and knees and in side lying
- 4 Introductory classes to help you take the first steps in your Pilates Journey
- 4 Full length classes to get you ready for Stage 2
- Adaptations for Osteoporosis and Osteopenia

On the next page is a helpful guide of what we go through in this stage. Just work your way through at your own pace.

Typically people tend to spend 2-4 weeks at this stage but that's only a guide and everyone is different.

It might be helpful to practise the classes a few times to get used to the movements, especially if you have pain.

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
















## What to do

- Watch the Videos and download the handout on Modifications for Osteoporosis and Osteopenia if this applies to you
- Complete the "Wheel of Wellbeing" Workbook
- Watch the video: Positioning on Your Back and Engaging your Core
- Complete Build Your Foundation Class 1
- Watch the Video: Positioning on your side
- Complete Build Your Foundation Class 2
- Watch Video: Positioning on your Hands and Knees
- Watch Video: Positioning on your Front
- Complete Build Your Foundation Class 3
- Complete Build Your Foundation Class 4
- Repeat the classes as many times as you feel you need to before moving to the next classes.
- Complete Build Your Foundation Classes 5-8
- Repeat the classes as many times as you feel you need to before moving to stage 2
- Complete the "Ready to Move to Stage 2 Questionnaire"

# New Members Workout Guide

Pilates Health Online 

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1			 Stage 1-Build Your Foundation Class 1 (17 mins)				 Stage 1-Build Your Foundation Class 2 (19 mins)
Week 2			 Stage 1-Build Your Foundation Class 3 (14 mins)				 Stage 1-Build Your Foundation Class 4 (21 mins)
Week 3			 Stage 1-Build Your Foundation Class 5 (55 mins)				 Stage 1-Build Your Foundation Class 6 (59 mins)
Week 4			 Stage 1-Build Your Foundation Class 7 (60 mins)				 Stage 1-Build Your Foundation Class 8 (57 mins)
Week 5			 Stage 2 Live Class Zoom 9.30am or Replay				 Stage 2 Class Replay 24th January 2023 (57 mins)