BEGINNING BASIC INSTRUCTIONS

These exercises are designed to improve balance, core strength and flexibility. At all times, the core is engaged with the rib cage drawn together and the navel pulled towards the spine. Remember to breathe with each exercise focusing on exhaling on the exertion and drawing the navel even deeper into the spine. All exercises can be repeated 8-12 times.

### AGRISAFE PILATES

**Back** *Abdominals* *Hips* *Legs* *Glutes*

Begin on the hands and knees and engage abdominals to find a neutral spine position. Without moving the center of the body, extend the right arm and left leg squeezing through the glutes and hips. Repeat on the other side.

**Back** *Obliques* 

Stand with knees soft, feet hip distance apart. Raise resistance band directly over shoulders. Maintain the distance between the hands and bend towards the right. Gently pull down with the right arm than return to shoulder width and stand back up. Repeat on the left side. Avoid any twisting in the hips or spine.

**Abdominals** *Shoulders* *Back*

Begin in plank position with hands directly under the shoulders. Draw the right knee into the chest and then the left. Spine should remain in neutral position with the neck extending straight out of the spine. The goal is that the hips do not lift or lower throughout the exercise.

**Hamstrings** *Glutes* *Hips* *Balance* *Core*

Step the left foot forward and extend arms shoulder height. Keeping a flat back, lower the hands towards the ground without hinging the hips. Once the upper body is parallel to the ground, return to standing position. Repeat on the other side.

**Shoulders** *Chest* 

Anchor resistance band to a stable post about waist height. (Handheld weights can be substituted.) Soften the knees, brace the core and extend arms forward and eliminate any slack in the band. Keeping the shoulders relaxed, pull elbows back squeezing the shoulder blades together. Spine remains in the neutral position.

**Back** *Shoulders* *Core* 

Anchor resistance band to a stable post about waist height. (Handheld weights can be substituted.) Soften the knees, brace the core and extend arms forward and eliminate any slack in the band. Keeping the shoulders relaxed, pull elbows back squeezing the shoulder blades together. Spine remains in the neutral position.

**Shoulders** *Chest* 

Anchor resistance band to a stable post about waist height. (Handheld weights can be substituted.) Soften the knees, brace the core and extend arms forward and eliminate any slack in the band. Keeping the shoulders relaxed, pull elbows back squeezing the shoulder blades together. Spine remains in the neutral position.

**Back** *Abdominals* *Hips* *Legs* *Glutes*

Begin on the hands and knees and engage abdominals to find a neutral spine position. Without moving the center of the body, extend the right arm and left leg squeezing through the glutes and hips. Repeat on the other side.

**Shoulders** *Chest* 

Anchor resistance band to a stable post about waist height. (Handheld weights can be substituted.) Soften the knees, brace the core and extend arms forward and eliminate any slack in the band. Keeping the shoulders relaxed, pull elbows back squeezing the shoulder blades together. Spine remains in the neutral position.

**Hamstrings** *Glutes* *Hips* *Balance* *Core*

Step the left foot forward and extend arms shoulder height. Keeping a flat back, lower the hands towards the ground without hinging the hips. Once the upper body is parallel to the ground, return to standing position. Repeat on the other side.

**Legs** *Glutes* *Hips* 

Begin standing with knees slightly wider than hip width. Holding onto the tractor, lower hips and keep chest lifted. Return to standing position squeezing the hips at the top.

**Hamstrings** *Glutes* *Balance* *Core*

Step the left foot forward and extend arms shoulder height. Keeping a flat back, lower the hands towards the ground without hinging the hips. Once the upper body is parallel to the ground, return to standing position. Repeat on the other side.

**Shoulders** *Chest* 

Anchor resistance band to a stable post about waist height. (Handheld weights can be substituted.) Soften the knees, brace the core and extend arms forward and eliminate any slack in the band. Keeping the shoulders relaxed, pull elbows back squeezing the shoulder blades together. Spine remains in the neutral position.

**Back** *Abdominals* *Hips* *Legs* *Glutes*

Begin on the hands and knees and engage abdominals to find a neutral spine position. Without moving the center of the body, extend the right arm and left leg squeezing through the glutes and hips. Repeat on the other side.