

Client

PhysioTrain Resources

Practitioner

Cillian Quirke

Program Name

Pilates Intro

Time Period

27 Jul 2023 - Ongoing

How Often

Whenever

When

Any time

You have 5 exercises

1

Glute stretch in supine

30 seconds rep 60 seconds rest 3 sets

2

Bird Dog

10 reps 60 seconds rest 3 sets

3

Squat

10 reps 60 seconds rest 3 sets

4

Bridge

10 reps 60 seconds rest 3 sets

5

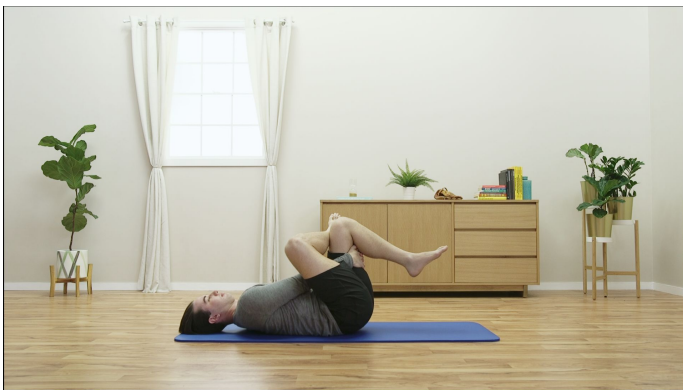
Dead bugs

10 reps 60 seconds rest 3 sets

1

Glute stretch in supine

30 seconds rep 60 seconds rest 3 sets



How to perform

1. Lift one foot off the floor and place the outside of your ankle on top of your other knee.
2. Then lift your leg up and lock your hands together behind your knee.
3. Slowly pull your knee towards your chest until you feel a stretch across the back of your hips.
4. Hold the stretch for the prescribed time and then relax to complete the exercise.
5. Remember to keep your upper body flat and hips square throughout the exercise.

2 Bird Dog

10 reps 60 seconds rest 3 sets



How to perform

1. Maintaining a straight line from your head to your hips, raise your arm up and extend your opposite leg back, then lower them to the ground to complete the exercise.
2. Remember to maintain a straight line from your head to your hips.

3 Squat

10 reps 60 seconds rest 3 sets

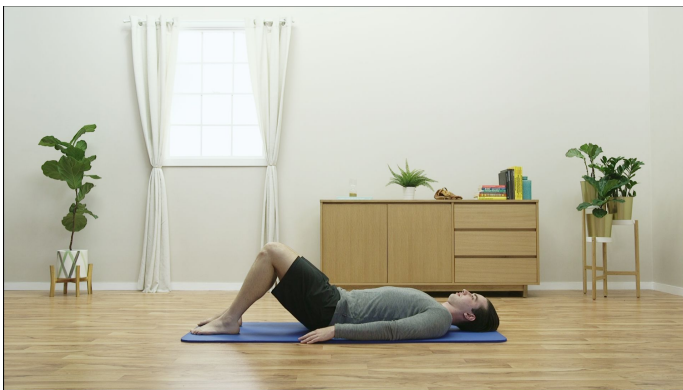


How to perform

1. Bend down into a full depth squat, keeping your knees in line with your toes, and then push through your heels to stand back up to complete the exercise.
2. Remember to keep your weight through your heels and chest up throughout the exercise.

4 Bridge

10 reps 60 seconds rest 3 sets



How to perform

1. Engage your core as prescribed.
2. Keeping your shoulders down, slowly extend your hips up, aiming to form a straight line from your knees to your shoulders and then lower yourself down to complete the exercise.
3. Remember to keep your head and shoulders on the ground throughout the exercise.

5

Dead bugs

10 reps 60 seconds rest 3 sets



How to perform

1. Lift your legs up so that your hips and knees are bent to 90 degrees.
2. Then raise your arms up in line with your shoulders and your fingers are pointing towards the ceiling.
3. Keeping your head and back on the mat, lower one arm and your opposite leg down towards the floor.
4. Then lift your arm and leg back up and repeat on the opposite arm and leg to complete the exercise.
5. Remember to keep your head and back on the floor throughout the exercise.

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