



Pilates by Numb3rs

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Trimester Three Workout

**Take your Pilates session
home with you!**

**This pack forms part of the complete Pilates
by Numb3rs Home Exercise programme**

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www.experiencepilates.co.uk



Trimester Three Workout

Your bump is growing...

You can start to feel uncomfortable...

Your movements can become restricted...

You may not be feeling as graceful and glowing during this trimester, but continued Pilates practice can still reap benefits until the birth.

Your workouts will be shorter, with fewer repetitions to avoid fatigue. Changing position will need to be done slowly and with care – rolling up onto your left side is recommended.

We need to make sure that you spend no longer than 3 minutes lying on your back.

Don't forget your Ready to Go and try and put it into practice whenever you can – and breathe normally throughout...

This is a stand-alone session – your warm up and cool down is built in to this routine.

Enjoy!

Cath
x



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Cath has been a Fitness Educator for over 15 years, with the last 4 years exclusively teaching Pilates, both in small groups and individually.

She is also reading Physiotherapy and plans to incorporate skills and techniques into her Pilates teaching.

Please contact her for more details on any aspect of Pilates.

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Acknowledgements

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For professional and moral support and encouragement: Heather Rutledge - you've helped to keep me focused on what I really want and have provided the environment to make my dreams a reality.

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Trimester Three

Workout Summary

This is a full routine, warm up and cool down included.
Use this summary to remind you of the moves.

Card	Exercise	Reps
1	Oyster	10 each side
2	Pelvic Placement	10 each side
3	Arm Circles	5 each side
4	'Don't Shoot Me!'	3
5	Double Heel Lifts	6
6	Cat Stretch	5
7	Tai Chi Twist	4-6 each side
8	Tiny Spine Curls	4 - 6
9	Pillow Squeezw	4 - 6
10	Single Leg Circles	8 each side
11	Arm Openings	5
12	Shoulder Rotations	6 – 8 reps

All the exercises should be pain free and actions should be smooth and controlled.

Trimester Three



Oyster *Strengthens the Bottom!*

Begin by...

Lying on your side, abdominal area supported, hips stacked on top of each other, knees bent at 90 degrees. Top hand can be placed in front for support.



How...

With normal relaxed breathing we are aiming to keep the hips level throughout the movement. A cushion can be placed underneath the 'bump' for support.

Now...

Keeping hips stacked on top of each other and moving from the hip, the top knee lifts so your hip is rotating in its socket, keeping feet together.

Lower the knee back to the start position.

The body stays lengthened and the upper body relaxed.

Keep the waist lifted and long and only take the knee as far as you are comfortable.

You should feel it...

Deep inside your top buttock, take care not to roll backwards.

How many...

10 each side

Trimester Three



Pelvic Placement ***Does what it says on the tin!***

Begin by...

Lying on your back, neck, shoulders and arms relaxed by your sides, shoulders relaxed.



How...

With normal breath we are looking to keep the pelvis in neutral (rude triangle) throughout this movement.

Now...

Lift one knee over the hip, shin remaining parallel to ceiling. Keeping the abdominals contracted, lengthen the lifted leg away from the body, keeping the pelvis level. Stretch out as far as you feel comfortable. Return back to the start position.

You should feel it...

The pelvis remains in neutral and abdominals 'giving baby a hug'.

How many...

3 each side.

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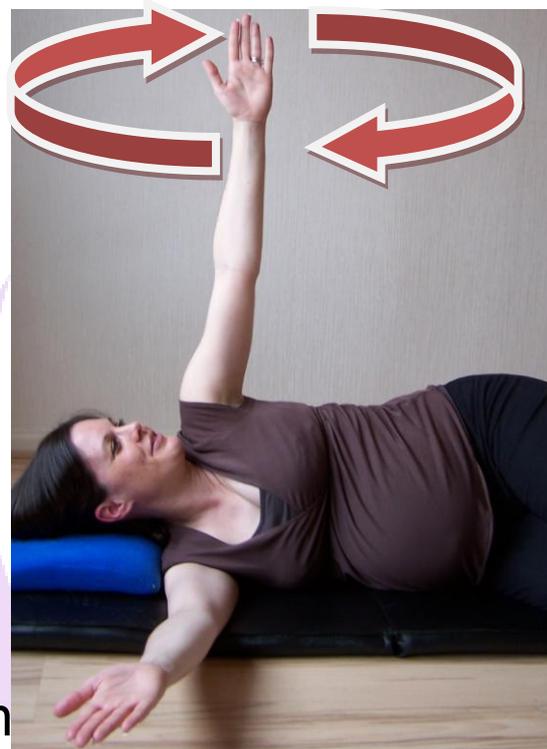
Arm Cricles ***Opens the chest.***

Begin by...

Lying on your side, abdominal area supported, hips stacked on top of each other, both legs bent at a right angle.

Arms are lifted to shoulder height and straight up.

Cushions can be used for support under your tummy.



How...

Hips and knees are bent and placed on top of each other.

Now...

Top arm moves towards the head, then out to the side (feeling the chest opening), then towards the hip and returns back to the starting position – all in a circular motion.

Keep the action smooth and within your comfort range.

You should feel it...

The chest should feel open and the upper body relaxed.

How many...

5 each side.

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"Don't Shoot Me"!

Opens up the upper body – more room for baby to move!

Begin by...

Kneeling or standing in good position.
Hold the pole or scarf in your hands in a comfortable position.



How...

The arms and shoulders gently move at different stages giving more room inside.

Now...

Giving baby a 'gentle hug', float both arms up in front of you, keeping the shoulders down to start with.
As the arms reach towards the ceiling, think about sliding the shoulder blades down your back, taking the arms as high as you feel comfortable. At this point you are aiming to take the pole/scarf behind your head.

You should feel it...

Around the chest and shoulders – keep it smooth and controlled.

How many...

No more than 3.

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Double Heel Lifts

Balance, reduced ankle swelling and calf strength.

Begin by...

Standing tall with a tennis ball between your ankles.
Keep knees and ankles facing forward.



How...

Can use a chair for support and can also perform this move without the ball.

Now...

With the ball in place slowly lift off your heels and onto your toes.

Keep the abdominals pulled in, 'hugging baby'.

Lower slowly your heels back to the floor, keeping the whole body lengthened

You should feel it...

This is a gentle spinal stretch – think about bringing your chin towards your pubic bone – bump allowing!

How many...

Up to 5

Trimester Three



Cat Stretch Spinal Stretch

Begin by...

On elbows and knees – keeping elbows soft. Knees directly under hips, wrists under shoulders.



How...

Elbows stay wide, shoulders down and relaxed, head relaxed and inline with the spine.

Now...

Slowly contract your pelvic floor and give baby a 'slight hug'. Keep the breathing relaxed throughout and lift your spine towards the sky.

Relax by taking your bottom towards your heels, with your knees open.

You should feel it...

This is a gentle spinal stretch – think about bringing your chin towards your pubic bone – bump allowing!

How many...

Up to 5

Trimester Three



Tai Chi Twist

Open the body, lengthen and turn

Begin by...

Sitting on the floor or on a chair (on your 'sitting' bones), legs comfortable (see below).

How...

Elbows tucked into sides of body, forearms and palms facing the ceiling.



Now...

Breathe in and prepare.

Breathe out and Ready To Go , lengthening one arm in front of the body, at the same time the other elbow goes behind. Ensure you stay sitting tall on your sitting bones.

Breathe in and return to start position

Take it easy...

Can have legs lengthened in front of you with a towel between your knees.

You should feel it...

Feel your trunk turn with the movement, turn your head with the movement.

How many...

4 – 6 each side

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Tiny Spine Curls ***Variation of Shoulder Bridge***

Begin by...

Lying on your back, neck, shoulders, and arms relaxed.



How...

Feet approximately hip distance apart.

Now...

Breathe in and prepare.

Breathe out and Ready To Go, squeeze your buttocks to lift them and your tailbone off the floor.

Breathe in and lower buttocks back to the floor.

Take it easy...

This is a very subtle move, don't aim for big dramatic movements.

You should feel it...

Feel your buttocks lifting lightly off the floor, with both feet on the floor, upper body relaxed throughout.

How many...

4 - 6

Trimester Three



Pillow Squeeze

Strengthens the thighs and opens the back

Begin by...

Lying on your back, neck, shoulders, and arms relaxed.

Small cushion/pillow between you knees



How...

Feet approximately hip distance apart.

Now...

Breathe in and prepare.

Breathe out and Ready To Go, squeeze your knees together (using your inner thigh muscles) and lift your pelvic floor.

Breathe in and release your thighs.

Take it easy...

Don't over squeeze!!

You should feel it...

Around your pelvic floor and inner thigh areas. Keep breathing throughout this movement.

How many...

4 - 6

Trimester Three



Side Legs Circles

Relax on your side and work the buttocks!

Begin by...

Lying on your side, abdominal area supported, hips stacked on top of each other, bottom leg bent.

Top hand can be placed in front for support.



How...

Keeping the hips stacked and perform small movements. Take care not to roll backwards.

Now...

Breathe in and prepare.

Breathe out and Ready To Go and circle the top leg. Keep the body long and still and abdominals gently hugging baby. The hips move but the pelvis remains still.

Take it easy...

Don't take the top leg any higher than hip height.

You should feel it...

The movement should be free and the hips loose and mobile.

How many...

8 each side, each direction

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Arm Openings ***Open and stretch the chest***

Begin by...

Lying on your side, abdominal area supported, hips stacked on top of each other, both legs bent at a right angle. Arms are lifted to shoulder height and straight out in front.

How...

As your 'bump' gets bigger you may wish to place a small cushion between your knees for comfort.

Now...

Breathe in and slowly lift your top arm to the ceiling, moving your head with the arm movement – keep looking at your hand.

Breathe out and Ready To Go, take the arm a little further, aiming to take the back of the hand to the floor.

Breathe in and return to the start position.

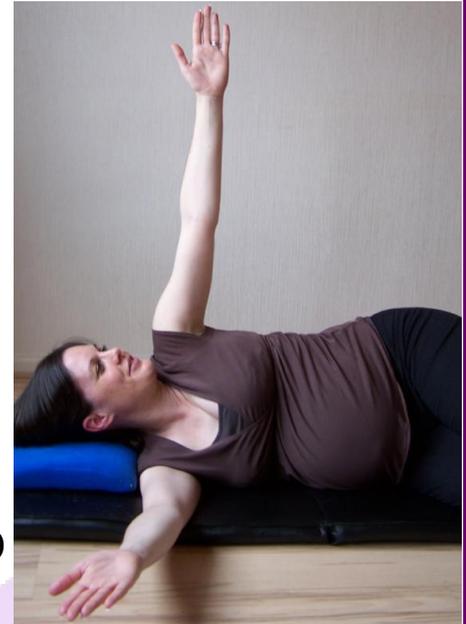
You should feel it...

This is a nice stretch, especially around the chest.

Don't be tempted to over stretch, just go to where you feel a gentle opening of your chest.

How many...

Up to 5 each side.



Trimester Three



Shoulder Rotations

Shoulder flexibility and mobility

Begin by...

Lying on your back, arms lifted to the ceiling, holding a scarf.

Shoulder blades remain lengthened and down ('Uncle Fester'). Upper body relaxed



How...

This movement is smooth and controlled and within your current range of movement.

The ribcage and breastbone remain gently pulled in throughout

Now...

Breathe in and prepare

Breathe out and Ready To Go, take elbows to the floor.

Breathe in and rotate your shoulders so your arms are close to the floor.

Breathe out and lengthen arms away from your body.

Breathe in and return to the starting position.

You should feel it...

The chest should remain open and the shoulder movement remains smooth and slow.

How many...

6 – 8 reps

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