

Pilates Final Workout

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11/12/12

Hundreds-	perform for 50 counts to warm up body
Single leg stretch-	perform 10 sets
Criss cross-	perform 5 sets
Spine stretch forward-	repeat 3 times
Corkscrew-	perform 5 sets
Saw-	perform 4 sets
Single leg kicks-	perform 5 sets
Neck pull-	repeat 5 times
Shoulder bridge-	perform 3 sets
Jackknife-	repeat 3 times
Side kick series-	front/back, up/down, small circles, rainbow, toe tap (5 sets of each)
Teaser III-	repeat 3 times
Swimming-	perform for 30 seconds
Leg pull up-	perform 3 sets
Kneeling side kicks-	perform 4 sets per side
Push-ups-	repeat 3 times

I chose to incorporate aspects of all elements in my workout, because I need to tighten and tone my body all over. This workout's main focus is the stomach series, since Pilates is all about core strength and spinal stability. I have tried this workout at home once so far and with the right pace, it made my heart race and I felt great afterward.