



Cape St Albans Pilates Experience (beginners)

ALLOW 1
HOUR

Pilates emphasizes the mind-body connection, the activation of the core muscles and incorporates stretching, balancing, and lengthening exercises. Pilates promotes mindful movement and a focus on the present moment. The exercises can help calm the mind, reduce stress, allowing to you to obtain a sense of stillness and mental well-being.

Wear comfortable clothing that allows for easy movement. Grab the CABN X yoga mat and find a comfortable space where you can move freely without any distractions. Check out our favourite yoga and Pilates spots highlighted on the map. Remember to always listen to your body and modify the exercises to suit your fitness level and any specific restrictions you may have.

Welcome to your self-guided Pilates exercise session. Let's begin with a gentle warm-up to prepare your body for the workout. Stand with your feet hip-width apart, shoulders relaxed, and arms by your sides.

Neck rolls: Slowly roll your head to the right, dropping your right ear towards your right shoulder. Continue rolling your head forward, bringing your chin to your chest, and then roll to the left, bringing your left ear towards your left shoulder. Repeat this rolling motion a few times, allowing your neck to release any tension.

Shoulder Rolls: Lift your shoulders up towards your ears, then roll them back and down in a smooth circular motion. Repeat this shoulder roll a few times, alternating directions.

Arm Circles: Extend your arms out to the sides at shoulder height. Begin making small circles with your arms, gradually increasing the size of the circles. After a few rotations, reverse the direction of the circles. Focus on maintaining stability through your core.

Spine Warm-up: Stand tall with your feet hip-width apart. Inhale as you reach your arms overhead, lengthening your spine. Exhale as you slowly roll your spine down, vertebra by vertebra, into a forward fold. Inhale and reverse the movement, stacking each vertebra to return to the starting position.

Now, we'll move into the main Pilates exercises. Remember to engage your core, breathe deeply, and maintain proper form throughout each exercise.

Pilates Hundred: Lie on your back with your knees bent, feet flat on the floor, and arms by your sides. Inhale deeply. Exhale as you lift your head, neck, and shoulders off the mat. Extend your legs to a tabletop position. Pump your arms up and down vigorously while breathing in and out for a count of five pumps each. Repeat for ten sets.

Single Leg Stretch: Lie on your back with your knees bent and shins parallel to the floor. Bring your hands to your right knee and lift your head, neck, and shoulders off the mat. Extend your left leg forward at a 45-degree angle. Inhale deeply. Exhale as you switch legs, bringing your hands to your left knee and extending your right leg. Continue alternating legs, maintaining a steady and controlled rhythm. Repeat for ten sets.



Pilates Bridge: Lie on your back with your knees bent, feet hip-width apart, and arms by your sides. Inhale to prepare. Exhale as you press into your feet and lift your hips off the mat, creating a straight line from your knees to your shoulders. Inhale at the top. Exhale as you slowly lower your spine back down to the mat. Repeat for eight to ten repetitions.

Pilates Roll-Up: Sit tall with your legs extended in front of you, feet flexed. Extend your arms forward at shoulder height. Inhale to prepare. Exhale as you slowly roll down through your spine, reaching for your toes. Inhale at the bottom. Exhale as you articulate your spine back up to a seated position, stacking each vertebra. Repeat for eight to ten repetitions.

Plank: Come into a high plank position with your hands directly under your shoulders and your body in a straight line from head to heels. Engage your core and lengthen through your spine. Hold this position for 30 seconds to 1 minute, breathing steadily. If the full plank is too challenging, you can modify it by dropping to your forearms while maintaining a straight line from head to heels.

Side Plank: From the plank position, shift your weight onto your right hand and outer edge of your right foot, stacking your left foot on top. Extend your left arm toward the ceiling. Keep your body in a straight line and engage your core. Hold the side plank for 30 seconds to 1 minute, then switch sides and repeat.

Pilates Swimming: Lie on your stomach with your legs extended and arms reaching overhead. Lift your head, chest, arms, and legs slightly off the mat. Begin alternately fluttering your arms and legs up and down in a controlled manner, as if you're swimming. Breathe deeply as you continue for 30 seconds to 1 minute.



Pilates Swan: Continue to lie on your stomach with your legs extended and arms bent, palms resting on the mat beside your shoulders. Inhale deeply. Exhale as you lift your head, chest, and arms off the mat, lengthening through your spine. Inhale at the top. Exhale as you lower back down to the mat. Repeat for eight to ten repetitions, focusing on elongating your spine and engaging your back muscles.

Now take a few minutes for a gentle cool-down to stretch and relax your muscles.

Cat-Cow Stretch: Come onto your hands and knees, aligning your wrists under your shoulders and your knees under your hips. Inhale as you arch your back, dropping your belly and lifting your gaze (cow pose). Exhale as you round your spine, tucking your tailbone and dropping your head (cat pose). Flow between these two poses for five to eight breaths, finding a rhythm that feels good for your body.

Child's Pose: Sit on your heels and lower your forehead to the mat, extending your arms forward. Breathe deeply as you relax into the pose, feeling a gentle stretch in your back and hips. Hold for 1 minute.

Well done! We hope you are feeling more relaxed, connected, and energised.



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