

Dynamic Pilates

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1. The hundred

Home position: Legs together, arms drawn along the body.
Arms movements from back to front with small amplitude.
4 movements inhalation 4 movements exhalation 50 repetitions

2. Leg circles

Home position: standing on one leg other leg straight extended in front of you, arms horizontal.
Rotation of the straight leg around hip joint in horizontal.
8 clockwise repetition; change leg; 8 counterclockwise repetition; change leg

3. Rolling like a ball

Home position: Legs together, arms drawn in front of you at a right angle.
Jumping into a tuck position, balancing with arm movements.
8 repetitions

4. Single leg stretch

Home position: Legs together, arms drawn along the body,
Alternating knee lifting and hug the knee with the arms.
8 repetitions for one leg

5. Single straight leg stretch

Home position: Legs together, arms drawn in front of you at a right angle.
Lift one straight leg with help of your arms.
8 repetitions

6. Criss cross

Home position: Standing on one leg, the other is bent at the knee.
Twisting of the torso towards the knee.
16 repetitions.

7. Spine stretch forward

Home position: Legs together, arms drawn along the body.
Bending towards the leg while lifting hands up to the waters surface.
4 repetitions
The same with simultaneous lift of the leg.
6 repetitions

8. Single leg kicks

Home position: Legs together, arms drawn along the body.
Simultaneous bending of one leg and two hands.
Trying to touch your buttocks with leg. 3 touch for one movement
6 repetitions for one leg

9. The scissors

Home position: Standing straight, arms aside.
Alternating straight leg lifting. Balancing with hands.
8-12 repetitions.

10. The bicycle

Home position: Legs together, arms drawn along the body

Alternating “bicycle” leg movements. The same movement for arms, but backwards.

8-12 repetitions.

11. Spine twist

Home position: Legs together, arms aside

Left and right body twisting with straight arms on the water.

8 repetitions.

Then the same with holding one leg in front of you

4 repetitions for one leg

12. Side kicks

Home position: standing along the side of the pool or without support (depending on class conditions)

Sidekicks with feet action

8-12 repetitions for one leg

13. Swimming

Home position: Legs together, arms drawn along the body,

Alternating straight backward leg lifts with opposite arm movements.

16 repetitions

14. The leg pull-down

Home position: Standing facing side of the pool supporting self with straight arms, angle 30 degrees

Alternating leg lifting backwards

8 repetitions for each leg

15. Leg pull-up

Home position: Standing back to the pool wall supporting self with straight arms, angle 30 degrees

Alternating leg lifting front

6-8 repetitions for each leg

16. Mermaid/side bends

Home position: standing along the side of the pool with support or straight arms

Bending towards the side of the pool while standing along it.

6-8 repetitions for one side

17. Push-ups

Home position: Standing facing side of the pool supporting self with straight arms, angle 30 degrees

Push-ups from the side of the pool, save the straight line.

8-12 repetitions

Between the basic elements we use different types of running.

Enjoy the Master Class.
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