

# RESET!

## Workout of the Day



### Pilates – by Amanda Snyder, Bob Hoffman YMCA

#### Warmup/breathing

- Plie squats with legs wide, focus on breathing to warm up (Inhale up, exhale squat)

#### Workout

- Chair pose, optional add twists
- Roll down (exhale) with walk out to plank hold, walk in roll up-(3-4x)
- Down dog with leg lifts-both sides
- Down dog with 1 leg lifts-pull knee towards chest then extend it back out 5x, then switch to lift the other leg, pull knee to chest, extend it back 5x
- Drop to knees, on hands and knees, exhale and pull core in to engage
- Bird dog- on hands and knees with opposite arm, opposite leg extended, can also add in arm and leg pulses, or pull opposite knee and elbow together (Bird dog crunch)
- Lay on stomach to work back-Supermans (Lifting arms and legs up and down), swimming (Alternating arms and legs like in the pool), breaststroke(lift up using back, pull arms down and around like you're in the pool)
- Flip over to lay on your back
- Hundred-legs lifted, arms at side, engage core, pump your arm at your sides while breathing for 4 and out for 4
- Single leg stretch, double leg stretch, leg circles, scissors
- Single straight leg stretch, double straight leg, criss-cross
- Side lying leg lift series- (optional, add in circles, clam, pulses)
- Side planks-can add in twists reaching under your body or hip lifts- pulsing your hips up
- Bridge/hip raises-can add leg lift
- Sitting up-Saw, Spine stretch forward

#### Cooldown

- Child's pose/pigeon/breathing