



# PILATES

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## BEGINNER

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# WELCOME

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Where strength, flexibility, and balance come together to create a holistic approach to health and wellness. Whether you are a complete beginner or someone who has done Pilates before, this eBook will serve as your comprehensive guide to understanding and embracing the incredible benefits of this form of exercise.

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NATALIA X

## PURPOSE

The purpose of this eBook is to provide you with a clear and informative roadmap for your Pilates journey. In the pages that follow, we will explore the principles, techniques, and exercises that make Pilates a powerful tool for improving physical and mental well-being. Whether your goal is to build a stronger core, improve back pain, enhance flexibility, or simply embark on a journey to better health, I've got you covered.

My aim is to make Pilates simple, making it accessible and understandable for everyone, regardless of their fitness level or prior experience. By the time you finish reading this eBook, you will have gained valuable insights into the core principles of Pilates and how they can be applied to enhance your daily life. You'll also have a selection of exercises at your fingertips to get you started on your Pilates journey.

So, let's get started! Whether you are looking to tone your body, improve your posture, feel incredible both inside and out, or simply lead a healthier life, Pilates has something to offer you. It is a journey of self-discovery and transformation, and I'm excited to be your guide along the way.

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DISCLAIMER: Please speak to your doctor if you have any medical conditions before following the contents of this e-book.



Includes links to free workouts

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Click to navigate

# CHAPTER 1

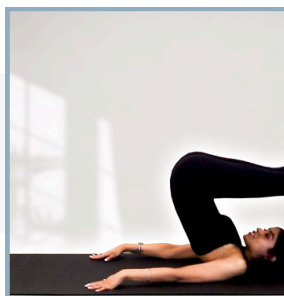
## WHAT IS PILATES?

Pilates is a type of exercise that combines controlled movements with muscle contractions and focused breathing. It was developed by Joseph Pilates in the early 20th century and is now practised by millions of people around the world.

Pilates exercises are designed to strengthen the core muscles, improve flexibility, and promote overall health and well-being. The core muscles are the muscles that support the spine and pelvis, and they are essential for good posture, balance, and movement. Pilates exercises also help to improve mobility by mobilising the joints, and doing Pilates can also be really beneficial if you are on a weight loss journey.



**01** IMPROVES POSTURE AND ALIGNMENT



**02** INCREASES FLEXIBILITY AND MOTION



**03** BUILDS CORE STRENGTH AND STABILITY



**04** ENHANCES BALANCE AND COORDINATION



**05** PROMOTES RELAXATION AND REDUCES STRESS

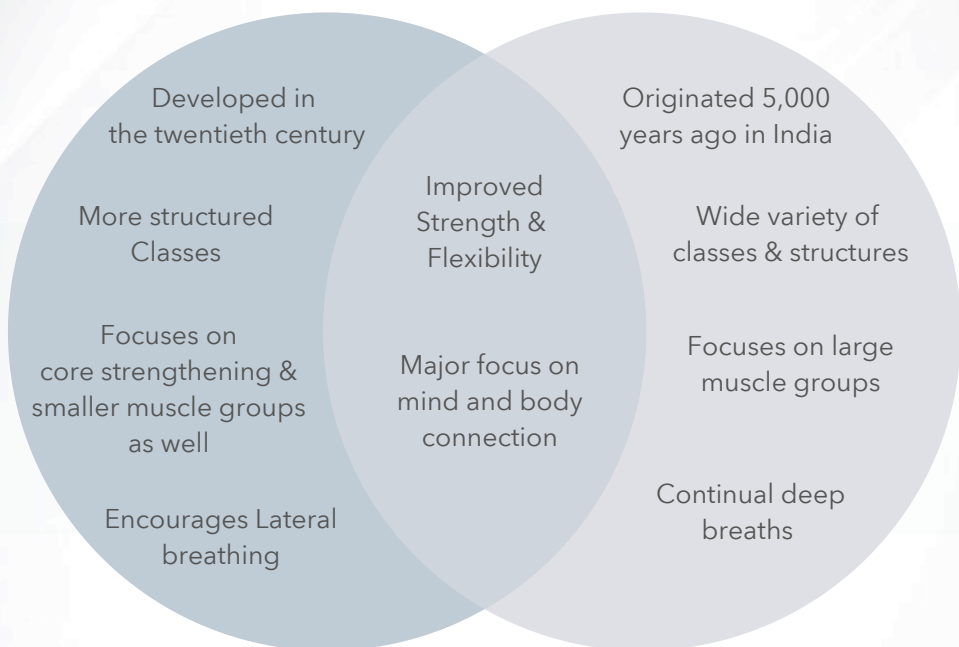


**06** IMPROVES MENTAL CLARITY AND FOCUS



In addition to improving physical fitness, Pilates can also help to reduce stress, improve sleep, and boost energy levels. It is a low-impact exercise that is safe for people of all ages and fitness levels, but it can also be a challenging workout that enhances strength and boosts stamina!

## PILATES V YOGA



There are a large number of athletes who do Pilates regularly. They credit the mindful movement practice for helping them stay in shape and improve their performance in their sport. Pilates may be better for recovering after an injury and improving posture and core strength.

If you're looking for a more challenging workout that focuses on controlled movement and breath work, then Pilates may be the better option for you.

### Alignment

The body needs to be in correct alignment, ie; the body needs to be positioned correctly during each exercise, this maximizes the benefits.

### Stamina

Pilates exercises are performed with precision, not speed. This helps to build stamina and muscle endurance.

### Breathing

Controlled breathing is an important part of Pilates and assists in maximising each exercise and its benefits. Lateral breathing is encouraged.

## 8

### Flowing Movements

Flowing movements in Pilates create a smooth, continuous rhythm between exercises. They help build coordination, control, and grace, turning each session into a seamless, mindful experience.

### Centering

The core muscles are the foundation of Pilates. These muscles are responsible for stabilising the spine and pelvis. They are essential for good posture and movement.

### Concentration

Pilates teaches you to be mindful of your body and its movements. This helps you to focus on the present moment and avoid distractions.

### Relaxation

Pilates teaches you to relax the muscles that are not being used in an exercise. This helps to reduce stress and improve the effectiveness of exercise.

### Coordination

You must learn to keep control of the body whilst performing difficult routines. This helps to prevent injuries and to build long-lasting strength.

### The origins

Pilates, a system of exercise and physical conditioning known for its transformative effects, has a rich and intriguing history. Its origins can be traced back to the early 20th century, specifically to the life and work of its founder, Joseph Hubertus Pilates.

Born in Germany in 1883, Joseph Pilates was a sickly child who faced numerous health challenges, including asthma and rickets. Determined to overcome his physical weaknesses, he delved into the study of various exercise modalities and became deeply influenced by yoga, martial arts, and ancient Greek and Roman exercises. This diverse range of inspirations laid the foundation for what would eventually become the Pilates method.

During World War I, Joseph Pilates interned at a British internment camp, where he began refining his exercise system. He used his time to work with fellow internees, many of whom suffered from injuries and illnesses. It was in this environment that he developed some of the earliest exercises.

### The evolution

Over the decades, Pilates continued to evolve and grow. Pilates and his wife Clara relocated to New York City in the 1920s, where they established their first studio. Initially, Pilates gained popularity among the dance community, with dancers recognizing its potential to enhance their strength, mobility, and body awareness.

As the years passed, Pilates gained recognition beyond the dance world. It became a respected fitness method embraced by individuals from all walks of life. Joseph Pilates' teachings emphasized the importance of the mind-to-body connection, core strength, and the idea that physical fitness contributes to mental and emotional well-being.

Today, Pilates is a global phenomenon, with countless people from all fitness levels reaping its benefits. It has continued to adapt and grow, with contemporary variations and interpretations of the method, while staying true to its core principles. The ever-growing popularity of Pilates is a testament to its effectiveness and the positive impact it has on the lives of those who practice it.

# CHAPTER 4

## THE BENEFITS OF PILATES

### MAIN BENEFITS

1

Increased Strength & Flexibility

2

Better Joint Mobility

3

Reduced Stress

4

Increased Range Of Movement

5

Improved Sleep

6

Improved Balance

Pilates also has several mental health benefits  
Plus so much more 😊

Pilates is a safe exercise for people of all ages and fitness levels. It is a low-impact exercise that does not put stress on the joints.

If you are looking for a low-impact exercise that can improve your overall health and well-being, Pilates is a great option.

### Improved Posture & Alignment

Correct Alignment is extremely important when doing Pilates, and will improve your posture and structural alignment.

### Reduced Back Pain

Pilates is often recommended for people with back pain. The exercises help to strengthen the core muscles and joints, which can help to support the spine and reduce pain.

### Enhanced Athletic Performance

Pilates helps to improve your mobility and strengthen your joints, which is very useful for any athlete.

### Finding the right studio / instructor

The journey into the world of Pilates begins with finding the right studio or instructor. Your choice can significantly impact your Pilates experience, so it's essential to make an informed decision.



CERTIFICATION



Make sure your instructor is certified by a reputable Pilates organization. Certification demonstrates their commitment to professional standards and safety.



EXPERIENCE



Experience matters. Inquire about the instructor's years of teaching and their specialization, especially if you have specific goals or health considerations.



ATMOSPHERE



Visit the studio or training facility in person if possible. The atmosphere should be welcoming, clean, and well-equipped with Pilates equipment and props.



REPUTATION



Check online reviews and ask for referrals. Positive feedback from other clients can be a strong indicator of a good fit.

Discuss your goals with the instructor. They should be able to tailor a program to meet your specific needs if you are doing a 1 to 1 session with them.



Consider class size. Smaller classes often provide more personalized attention, while larger ones can offer a sense of community.

Pilates can be practiced using specialized equipment or on a mat with little or no equipment. Each approach offers unique benefits.



### Starter Kit

All you need to do is start working out! - I personally use this equipment; they are the best / most affordable options and can be found on Amazon.



#### Magic Circle

[Click Here](#)

#### Small Weights

[Click Here](#)

#### Pilates Ball

[Click Here](#)

#### Resistance Band

[Click Here](#)

#### Pilates Mat

[Click Here](#)



There are many different pieces of Pilates equipment, but some of the most common include:

## Reformer

The reformer is the most versatile piece of Pilates equipment and has become extremely popular. It is a padded bed with springs that can be adjusted to provide resistance. The reformer can be used to perform a variety of exercises, including mat exercises, core exercises, balance exercises, and some of the original 34 classical mat exercises.



## Chair

The chair is a smaller piece of equipment that is designed for seated exercises. It can be used to strengthen the core muscles, improve balance, and stretch the spine.



## Cadillac

The Cadillac is a large piece of equipment that also contains a padded bed with springs at either end, these also can be adjusted to provide more or less resistance. It can be used to perform a variety of exercises, including mat exercises, core exercises, and flexibility exercises.



## Mat work

However, you truly do not need to use the large equipment for an impactful Pilates session. A matwork class is just as beneficial and can sometimes be more challenging, not to mention more affordable and accessible! Please see below more simple equipment

## Pilates Mat

A Pilates mat is a must-have for any Pilates practice. It provides a comfortable surface to perform exercises on and helps to protect your joints.



## Pilates Ball (Small)

The Pilates ball can be used for a variety of exercises to make them more challenging or encourage greater stability. It can be used to strengthen the core muscles, improve balance, and mobilize the spine and pelvis.

## Resistance Band

Pilates bands are elastic bands that can be used to provide resistance for exercises. They can be used to strengthen the muscles, improve flexibility, and improve posture.



## Other Equipment



Small Weights



Head Cushion

“  
Pilates can be practiced using specialized equipment or on a simple mat. Each approach offers unique benefits.  
”

## Equipment vs Mat Pilates

These are just a few of the number of Pilates equipment available. The type of equipment that you use will depend on your individual needs and goals.

In addition to these pieces of equipment, you have light weights, the Pilates circle, and foam rollers. These can be used to add variety to your workouts and to target specific muscle groups and joints. They can also really challenge you and make your workouts varied and fun!

If you are new to Pilates, it is a good idea to start with the basics and learn the exercises on a mat. Once you have mastered the mat exercises at beginner level, you can then move on to using other pieces of equipment. Sometimes it is helpful to try a reformer class, as the movements are performed in a closed chain, and the resistance of the springs can guide you and show you how you are moving in space.

Trying Pilates online is also an amazing option, you can truly take your time and work at your own level, rather than the pace of a full class of other attendees.

### Myth

You need special equipment and a professional setting in order to effectively practise pilates

### Fact

You can practise pilates exercises at home with no equipment except your mat. Making it accessible to everyone.

## Starting Positions

### Standing

Make sure your feet are hip distance apart and parallel. Your spine and pelvis are in a neutral position, your arms are by your side and shoulders are relaxed. This means that the natural curves of the spine are present, but they are not overly curved.



### Relaxation Position

Start by lying on your mat, with your legs bent, your feet are hip distance apart and parallel. Your spine and pelvis are in a neutral position, your arms are by your side and shoulders are relaxed. You may need a small head cushion behind the top of your head to achieve this perfect neutral position at the very top of your spine.



### Four Point Kneeling

Start on all fours. Keep your spine and pelvis in a neutral position. Try to keep your wrist joint directly underneath your shoulder joint, and your knee joint directly underneath your hip joint.



## Prone

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Lie on your front, lift your tummy up to maintain your neutral spine, as your lower back may drop into the mat, and you may have an exaggerated curve in your lumbar spine. Your feet and arms will have different positionings depending on the exercise.



## Side Lying

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Lie to one side, again your legs and arms will have different positionings depending on the exercise. You may need a head cushion to keep your neck in line with the rest of your body.



## Sitting

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Every seated position is slightly different. You may need to sit in a long frog position with the soles of your feet together or, you may need to have your legs straight. It is important to sit nice and tall and maintain a neutral spine and pelvis.



## Please Note

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Maintaining a neutral spine and pelvis can be extremely difficult for a lot of people, particularly those who live sedentary lives. You may need to use a yoga block or head cushion to assist in certain positions.



## Try these 4 beginner exercises.

### Hip Rolls

Start by lying on your mat, with your legs bent. Your feet and knees are together, Your arms are placed in a low V with your palms facing upwards.

As you inhale roll your hips to one side, going as far as you can whilst keeping your shoulder blades glued to the mat. On your exhale return to your start position. Repeat alternating sides for up to 10 reps. The aim is to rotate your lower body (hips and pelvis), whilst maintaining a stable upper spine and head

### Watch Points

- ◆ Make sure your knees stay together throughout.
- ◆ Try not to flare your rib-cage.
- ◆ Maintain your neutral spine.
- ◆ Let one foot travel on top of the other as you hip roll.



[Click here for workout](#)





## Exercise 2.

### Knee Folds

Start by lying on your mat, with your legs bent. Your feet are hip distance apart and parallel.

Take an inhale to prepare, as you exhale lift your leg, flexing at the hip and knee joint, take an inhale to prepare, as you exhale, return your leg to your start position. Repeat alternating legs for up to 10 reps.

As you gain strength in your core, you can start to double Knee Fold, lifting both legs up one at a time, or at the same time!

### Watch Points

- ◆ Maintain your neutral spine.
- ◆ Keep your tailbone down,
- ◆ Try not to flare your rib-cage.
- ◆ Extra Challenge:  
Lift both arms up to the ceiling as displayed in the bottom left photo.



[Click here for workout](#)



## Exercise 3.

### Curl Ups

Start by lying on your mat. Your feet are hip distance apart and parallel. Clasp your hands behind your head.

Take an inhale to prepare. As you exhale, sequentially lift your head, then neck then upper back into a curl up. Come up as high as you can, whilst keeping your tailbone down and your pelvis in a neutral position. Take an inhale to hold this position, as you exhale sequentially RETURN to your start position. Repeat up to 10 times.

### Watch Points

- ◆ Keep your pelvis in a neutral position throughout.
- ◆ Try to keep your elbows in peripheral vision.
- ◆ Do not over strain your neck.
- ◆ Make sure to really engage your core muscles.



[Click here for workout](#)





## Exercise 4.

### Toe Taps

Start by lying on your mat, with your legs in your double knee fold. Maintain this position.

Begin to lower one leg at a time, tapping your toes on the mat, then returning to your double knee fold position. Keep repeating alternating legs at your own pace but with full control. Keep a neutral spine and pelvis throughout. As you toe tap keep the 90degree bend at the knee. Repeat up to 10 times. Then lower your legs down one at a time.

### Watch Points

- ◆ Make sure to keep your tailbone down.
- ◆ Extra Challenge:  
Try to Toe Tap further away from your body for that extra core burn.



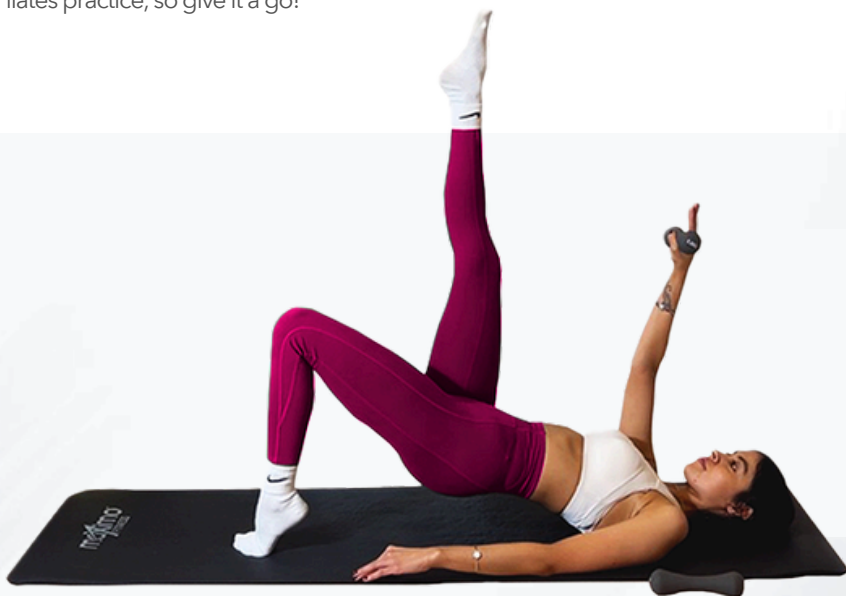
[Click here for workout](#)



Joseph Pilates' "Return to Life through Contrology" is an exercise book first published in 1945. It is a book written by Pilates, and details his original 34 mat work exercises, how to perform them properly, and how they should look. Below is a list of the 34 exercises:

It is important to remember that these exercises were designed for dancers and athletes. So please do not worry if you are new to Pilates, these are exercises that you will slowly work towards as your body gets stronger and more able to handle them, I often struggle with some myself and have been doing Pilates for years!

It is important to note, that some people may never get to this level, due to specific injuries or conditions (such as Osteoporosis). Some people may even have anatomical limitations purely due to their bone structure (for example, women have a wider pelvis than men do). You are, however, guaranteed a stronger, fitter, and more mobile body through regular Pilates practice, so give it a go!



# Original 34 Mat Work Repertoire

The Hundred

The Roll Up

The Double Leg Stretch

Rocker with Open Legs

The Saw

The One Leg Kick

The Neck Pull

The Bicycle

The Spine Twist

The Roll Over

The One Leg Circle  
(Both Ways)

The Spine Stretch

The Cork Screw

The Swan Dive

The Double Kick

The Scissors

The Shoulder Bridge

The Jack Knife

The Side Kick

The Hip Twist  
(With Stretched Arms)

The Leg Pull Front

The Hip Twist

The Side Kick (Kneeling)

The Boomerang

The Crab

The Control Balance

The Teaser

Swimming

The Side Bend

The Seal

The Rocking

The Push Up

# CHAPTER 9

## LEARN THE LANGUAGE

Every Pilates teacher uses certain language which you may not have heard before. It is useful to know what these cues mean in practise. Below are some words or cues which you are likely to hear in a Pilates class, with explanations.

When a teacher says maintain a neutral spine and pelvis; they are asking you to maintain the natural curves in your spine. This means you are standing correctly without hunching your upper back forwards or arching your lower back, your pelvis is stacked underneath your spine. You must also try not to flare your ribs.



### Curve Your Spine

Round your back like the letter 'C', with your shoulders above hips, and your tummy pulled in.

### Flexion

Forward bending, rolling down, rounding your back.

### Extension

Arching your lower back, extending your hips / spine / limbs etc.

### Rotate Your Spine

Twisting your Spine to the side.



### Inhale

Breath in through your nose.

### Exhale

Breath out through your mouth.

# CHAPTER 10

## TRY THESE EXERCISES

### Cat

Begin in Four Point kneeling

Inhale - Prepare for movement

Exhale - Round your back from your hips, working your way up to your spine into a C - Curve.

Inhale - Hold this stretch

Exhale - Return your spine to neutral

Repeat up to 10 times.

### Watch Points

- ◆ As you round your back, try to do so sequentially - bone by bone.
- ◆ Try not to push your hips forward as you forward flex.
- ◆ If your wrists hurt, come onto your fists.



[Click here for workout](#)



## Exercise 2.

### Extended Cat

Begin in Four Point kneeling

Inhale - Prepare for movement

Exhale - Arch your back from your hips, working your way up your spine into an even extension.

Inhale - Hold this stretch

Exhale - Return your spine to neutral

Repeat up to 10 times.

### Watch Points

- ◆ As you arch your back, try to do so sequentially - bone by bone.
- ◆ Try not to push your hips backwards as you extend.
- ◆ If your wrists hurt, come onto your fists.
- ◆ Reduce your range of movement if you feel pain in your lower back.



[Click here for workout](#)



## Exercise 3.

### Table Top 1

Begin in Four Point kneeling

Inhale - Prepare for movement

Exhale - Slide one leg along the mat then lift your leg up as high as you can, whilst maintaining your neutral spine

Inhale - Hold your leg in this position.

Exhale - Lower your leg down, then slide your leg back in  
Alternate legs

Repeat up to 10 times.

### Watch Points

- ◆ Keep your foot pointed as you lift and extend.
- ◆ Maintain your neutral spine throughout.
- ◆ If your wrists hurt, come onto your fists.
- ◆ Extra Challenge:  
As you progress, you can extend your opposite arm as well as displayed in picture 4.



[Click here for workout](#)





## Exercise 4.

### Oblique Curl Ups

Begin in Relaxation Position, with your hands clasped behind your head

Inhale - Prepare for movement

Exhale - Start to sequentially lift your head, then neck, then upper back to one side. Come up as high as you can and engage your stomach muscles

Inhale - Hold this position.

Exhale - Sequentially return to your mat, with your head coming down last.

Repeat up to 10 times alternating sides that you curl up in.

### Watch Points

- ◆ Keep your pelvis in a neutral position throughout. This will be harder than in the 'Curl Up'.
- ◆ Try to keep your elbows in peripheral vision.
- ◆ Do not over strain your neck.
- ◆ Make sure to really engage your core muscles.



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## Exercise 5.

### Arm Openings

Begin In your side lying position. Your legs are bent in a chair position. Your arms are reached out at shoulder level.

Inhale - Lift your top arm up to the ceiling, as you do this also rotate your head, neck and upper back. Keep your lower body still.

Exhale - Return to your start position

Repeat up to 10 times

Repeat on other side.



### Watch Points

- ◆ Keep your hips and knees stacked on top of each other.
- ◆ Maintain a 90 degree bend at the hip and knee.
- ◆ Focus on spine rotation rather than your arms.



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## Exercise 6.

### Side Reach (Standing)

Begin standing correctly, with your feet slightly wider than your hips and parallel, and your arms by your side.

Inhale - Float one arm sideways up to the ceiling.

Exhale - Reach over to the side, going as far as you can but keeping your pelvis still.

Inhale - Hold this position.

Exhale - Restack your spine to standing, then lower your arm down sideways.

Repeat up to 10 times alternating sides.

### Watch Points

- ◆ Make sure your hips do not rock towards one side.
- ◆ Always face forwards.
- ◆ Do not over strain your neck.
- ◆ This is an ideal warm up /cool down exercise.



[Click here for workout](#)

## Exercise 7 - (more advanced).

### Single Leg Stretch

Begin lying in your Relaxation position. Your legs are bent and hip width, apart, your arms are by your side, you are lying in your neutral spine and pelvis. Lift your legs into your double knee fold, connect your big toes so they are touching and keep your knees hip distance apart. Slowly curl up and place your hands below your knees.

Inhale - Maintaining this position throughout, extend one leg away as you draw your other leg towards you, both hands move across to your bent leg. Make sure you stay curled up, really use your core to maintain this position.

Exhale - Exhale to switch! Keep switching between your legs. Inhale for 1 leg extension, exhale to switch. Keep the movement dynamic (basically keep switching) but keep your upper body nice and still. Repeat for as long as you can, until you get tired.

### Watch Points

- ◆ Keep your tailbone down.
- ◆ Keep your upper body still and stable. Make sure you breathe 😊
- ◆ Do not over strain your neck.
- ◆ Make sure to really engage your core muscles.



[Click here for workout](#)



## Exercise 8 - (more advanced).

### Double Leg Stretch

Begin lying on your back. Lift your legs into your double knee fold, bring your feet and knees together. Slowly curl up and place your hands below your knees, ideally around your ankles.

Inhale - Simultaneously extend your arms and legs.

Exhale - Circle your arms as you draw your legs back in to your start position. Maintain your curl up as you do so.

Repeat up to 10 times.

### Watch Points

- ◆ Keep your pelvis in a neutral position throughout.
- ◆ Don't lose your form, if you start to fatigue - Stop.
- ◆ Do not over strain your neck.
- ◆ Make sure to really engage your core muscles.



[Click here for workout](#)

## Exercise 9 - (more advanced).



### The Hundred

Begin lying in your Relaxation position. Your legs are bent and hip distance apart, your arms are by your side, maintain your neutral spine and neutral pelvis. Lift your legs into your double knee fold, connect your legs together. Curl up if you can, then start beating your arms up and down from your shoulder joints.

Inhale - For 5 arm beats.

Exhale - For 5 arm beats.

Try to keep going until you get to 100 arm beats.

A more advanced version is with your legs extended!

Make sure you cool down. Every Pilates class has a cool down.

### Watch Points

- ◆ STAGE 1 - Keep your feet down but lift your head up.
- ◆ STAGE 2 - Curl up and double knee fold!
- ◆ STAGE 3 - Curl up and extend legs to the ceiling.
- ◆ STAGE 4 - As per stage 3, with your legs extended lower. See how low your legs can go!



[Click here for workout](#)



Here are some tips on how to breath correctly in Pilates:

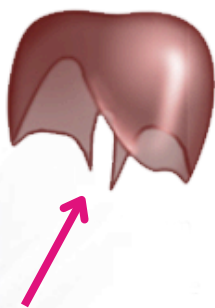


Inhale through your nose and into the sides of your ribcage; exhale through your mouth. This helps to oxygenate your muscles.

## Diaphragm

Breathe into your diaphragm, not your chest.

Your diaphragm is the muscle that separates your chest from your abdomen. When you breathe into your diaphragm, your stomach should expand



Shaped like  
a parachute



Don't hold your breath. Holding your breath can make it difficult to exercise safely & correctly.

Coordinate your breathing with your movements. Inhale as you move into an exercise, and exhale as you move out of the exercise.

Don't force your breath

Here are some tips on how to practice breathing In Pilates



1

Start by lying on your back with your knees bent and your feet flat on the floor. Place your hands on your stomach, just below your rib cage.



2

Inhale slowly and deeply through your nose. Feel your ribs expand to the side as you breathe in.



3

Exhale slowly through your mouth. Feel your ribs contract as you breathe out.

Repeat this breathing exercise for 5-10 minutes.



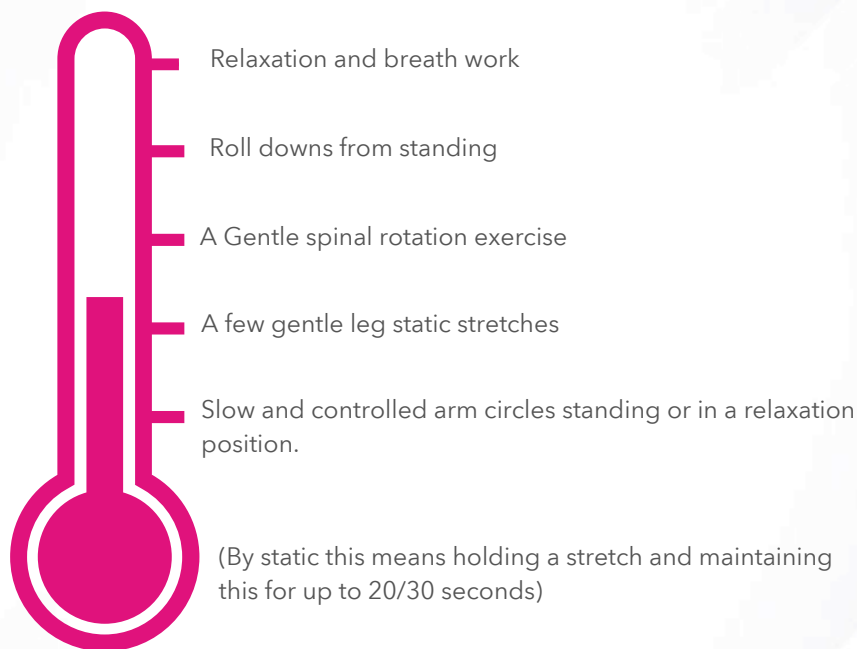
Once you have mastered the basic breathing exercise, you can try it while doing Pilates exercises. As you move into an exercise, inhale. As you move out of the exercise, exhale.

# CHAPTER 12

## COOLING DOWN

A cool-down in Pilates is a series of exercises and stretches that are performed at the end of a workout. It is important to cool down after any workout, in Pilates this may include gentle breath work, some roll downs or arm circles. A cool down is usually 5-10 minutes long.

Try incorporating these as part of your cool down



### Importance

Regulates heart rate

Stress relief

Prevents injury

Body restoration

# CHAPTER 13

## TRACKING PROGRESS

It's important to track your progress, not only to hit your goals strategically but also to fuel motivation.

HEALTH DAILY TRACKER

| EXERCISE | SETS | REPS | WEIGHT | TIME |
|----------|------|------|--------|------|
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |
|          |      |      |        |      |

WATER INTAKE

8 AM 9 AM 10 AM 11 AM 12 PM 1 PM 2 PM 3 PM 4 PM 5 PM 6 PM 7 PM 8 PM 9 PM 10 PM 11 PM

SLEEP HOURS

zzZ

8 AM 9 AM 10 AM 11 AM 12 PM 1 PM 2 PM 3 PM 4 PM 5 PM 6 PM 7 PM 8 PM 9 PM 10 PM 11 PM

WEEK

MON TUE WED THU FRI SAT SUN

TOTAL STEPS

0 1000 2000 3000 4000 5000 6000 7000 8000 9000 10000

CALORIES BURNED

0 100 200 300 400 500 600 700 800 900 1000

CALORIES BURNED

0 100 200 300 400 500 600 700 800 900 1000

5 A DAY

APPLE BANANA BERRY CANTALOUPE ORANGE

DEBUT

0 100 200 300 400 500 600 700 800 900 1000

### Health Tracker

Improve health  
Track progress  
Track workouts  
(5 a day, mood, water intakes, sleep, meals, steps and calories)



[Click here](#)

NUTRITION DAILY TRACKER

| BREAKFAST |       |         |       |     |          |
|-----------|-------|---------|-------|-----|----------|
| FOOD      | SUGAR | PROTEIN | LOWES | FAT | CALORIES |
|           |       |         |       |     |          |
|           |       |         |       |     |          |
|           |       |         |       |     |          |
|           |       |         |       |     |          |
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|           |       |         |       |     |          |

| LUNCH |       |         |       |     |          |
|-------|-------|---------|-------|-----|----------|
| FOOD  | SUGAR | PROTEIN | LOWES | FAT | CALORIES |
|       |       |         |       |     |          |
|       |       |         |       |     |          |
|       |       |         |       |     |          |
|       |       |         |       |     |          |
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|       |       |         |       |     |          |
|       |       |         |       |     |          |

| DINNER |       |         |       |     |          |
|--------|-------|---------|-------|-----|----------|
| FOOD   | SUGAR | PROTEIN | LOWES | FAT | CALORIES |
|        |       |         |       |     |          |
|        |       |         |       |     |          |
|        |       |         |       |     |          |
|        |       |         |       |     |          |
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|        |       |         |       |     |          |

| TOTAL |       |         |       |     |          |
|-------|-------|---------|-------|-----|----------|
| FOOD  | SUGAR | PROTEIN | LOWES | FAT | CALORIES |
|       |       |         |       |     |          |
|       |       |         |       |     |          |
|       |       |         |       |     |          |
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|       |       |         |       |     |          |

VITAMINS & SUPPLEMENTS

### Nutrition Tracker

Track meals, calories, sugar, protein, carbs and fat



[Click here](#)

REFLECTION  
DAILY TRACKER

WHAT DID I ACHIEVE TODAY?

HOW DO I FEEL?

WHAT GOALS? TODAY'S GOALS

WHAT AM I GRATEFUL FOR TODAY?

WHAT ARE MY PRIORITIES FOR TOMORROW?

MY AFFIRMATION FOR TOMORROW:

## Reflection Tracker

Goals, achievements, affirmations  
gratitude and priorities.



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## Pilates Bundle

30 DAY ABS  
PILATES CHALLENGE

CURL UPS, LEG UPS, SCISSORS

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

DAY 6 DAY 7 DAY 8 DAY 9 DAY 10

DAY 11 DAY 12 DAY 13 DAY 14 DAY 15

DAY 16 DAY 17 DAY 18 DAY 19 DAY 20

DAY 21 DAY 22 DAY 23 DAY 24 DAY 25

DAY 26 DAY 27 DAY 28 DAY 29 DAY 30

30 DAY BUTT LIFT  
PILATES CHALLENGE

SQUATS, BRIDGES, PIGEON, LUNGES

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

DAY 6 DAY 7 DAY 8 DAY 9 DAY 10

DAY 11 DAY 12 DAY 13 DAY 14 DAY 15

DAY 16 DAY 17 DAY 18 DAY 19 DAY 20

DAY 21 DAY 22 DAY 23 DAY 24 DAY 25

DAY 26 DAY 27 DAY 28 DAY 29 DAY 30

30 DAY PLANK  
PILATES CHALLENGE

LOW, HIGH, REVERSE

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

DAY 6 DAY 7 DAY 8 DAY 9 DAY 10

DAY 11 DAY 12 DAY 13 DAY 14 DAY 15

DAY 16 DAY 17 DAY 18 DAY 19 DAY 20

DAY 21 DAY 22 DAY 23 DAY 24 DAY 25

DAY 26 DAY 27 DAY 28 DAY 29 DAY 30

30 DAY BACK PAIN RELIEF  
PILATES CHALLENGE

CAT, COW, THREAD THE NEEDLE, SIDE SPLIT

DAY 1 DAY 2 DAY 3 DAY 4 DAY 5

DAY 6 DAY 7 DAY 8 DAY 9 DAY 10

DAY 11 DAY 12 DAY 13 DAY 14 DAY 15

DAY 16 DAY 17 DAY 18 DAY 19 DAY 20

DAY 21 DAY 22 DAY 23 DAY 24 DAY 25

DAY 26 DAY 27 DAY 28 DAY 29 DAY 30



Click here

## Embracing a healthier you through Pilates

By now, you've got the tools to start—or strengthen—your Pilates journey. And I just want to say, I'm so glad you're here. Pilates isn't just about movement. It's about showing up for yourself. It's about feeling stronger, standing taller, and reconnecting with your body in a way that feels good. Whether you're here to relieve stress, build strength, or simply move more, I'm with you every step of the way.

And remember—we all started somewhere. Myself included. I know how it feels to be new, unsure, or starting over. You're not alone in this. So let's do this together.

♥ Subscribe to my YouTube channel for weekly Pilates workouts you can follow from anywhere.

♥ Access free plans, workouts, and tips delivered straight to you.

♥ Reach out any time—I love hearing from you. Email me, comment, message me—I read it all.

♥ Follow along on social media to stay inspired and connected.

This isn't just a workout routine—it's a community. And you're part of it now.

Let's move, breathe, and grow—together.

NATALIA X

Click

Get in touch



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