

# Body 101 Transformation | The PDF Guide

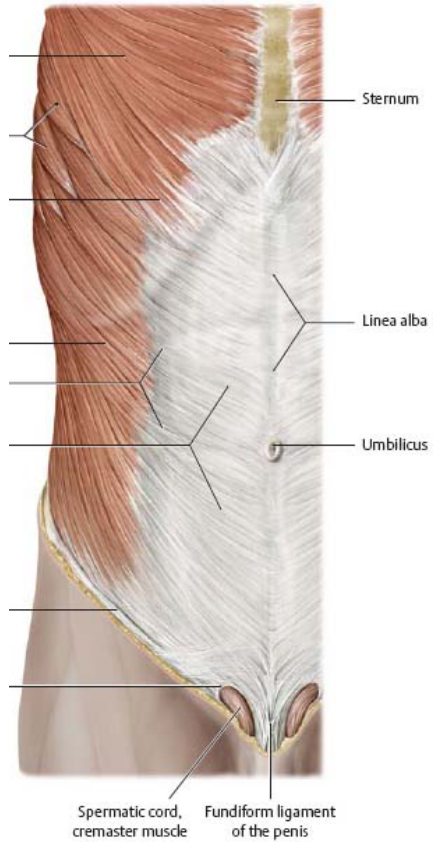


# Exercise List: 5 Essential Movements You Should Do Every Day

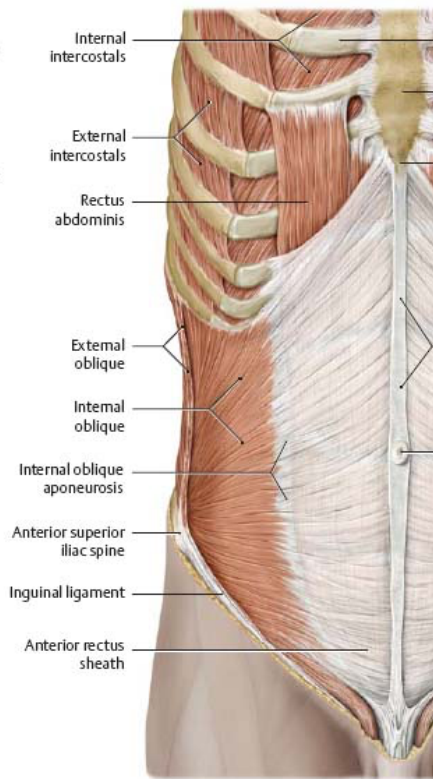
1. Leg Lever (hamstring flexibility, core strength and control, back muscle flexibility)
  - Tree
2. Shoulder Bridge variations (glute & hamstring strength, hip flexor stretch)
  - Prep with pelvic rocks
  - Regular bridge
  - 1 leg w/ circles
  - Lower/lift
  - On roller
3. Swan variations (back strength and internal/abdominal lift)
  - Standing at wall – facing forward
  - Standing at wall – facing backward
  - On the roller
4. Side Kicks (hip strength & flexibility)
  - Up/Down
  - Ronde De Jambe
5. Side Lying Arm Circles w/ Twist (shoulder and spinal mobility)
6. BONUS: Standing Footwork (whole-body balance, alignment, internal lift, leg strength, core strength)

## Exercise List: The Stomach Series

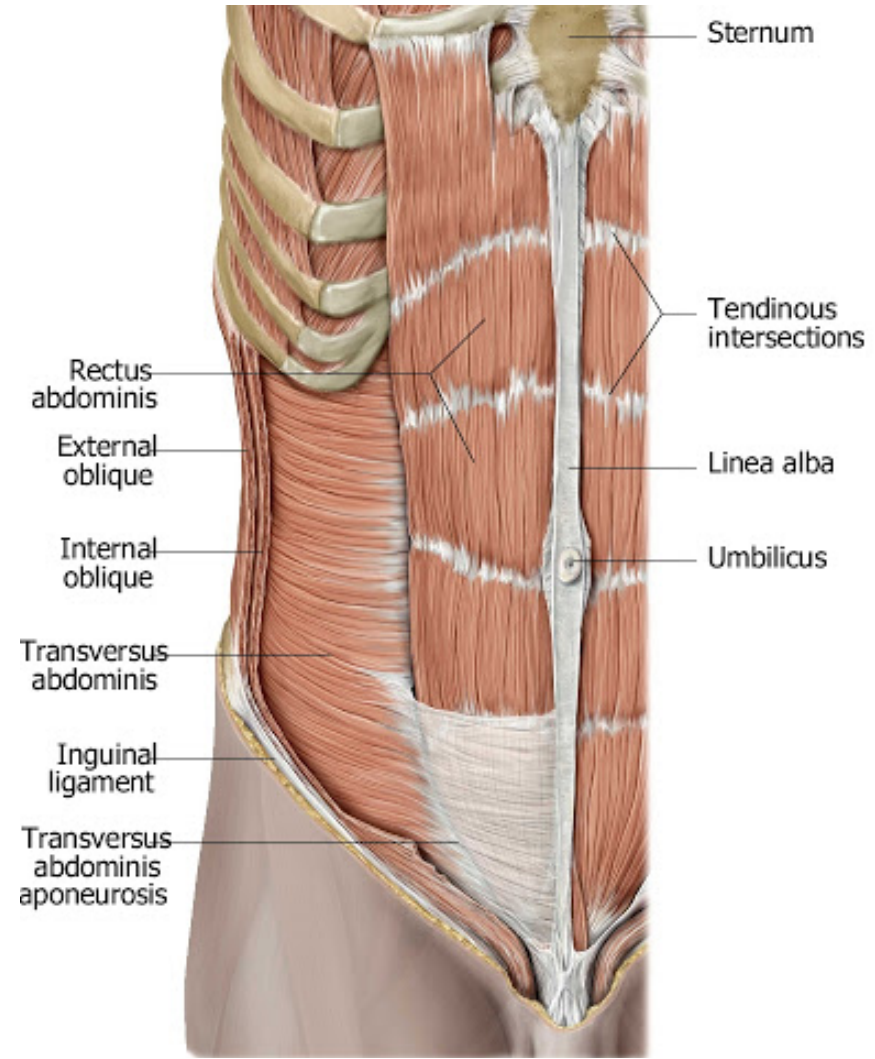
- **Warm-up/prep**
  - Standing Rolldown
  - Rolling like a Ball
  - Spine Stretch. If your back muscles are tight, it inhibits the deepening of the abdominals.
- **Upper Ab Curl**
  - With wash cloth and without
  - Use pads beneath shoulder blades (horizontally) to close the “gap” in the back if needed
- **The Stomach Series**
  - If your neck starts to bother you, you should either put your head down or using the washcloth behind the head. Pain and tension in the neck happens when the abdominals aren't engaging enough to support the weight of your upper body.
  - Single Leg Stretch - Start w/ sliding feet and progress
  - Double Leg Stretch
  - Scissors (yoga strap prep)
  - Legs lower/lift (use wash cloth)
  - Elbow to knee
- **Standing rolldown / rollup**



minial wall muscles.



B Removed: External oblique, pectoralis major, and serratus anterior.



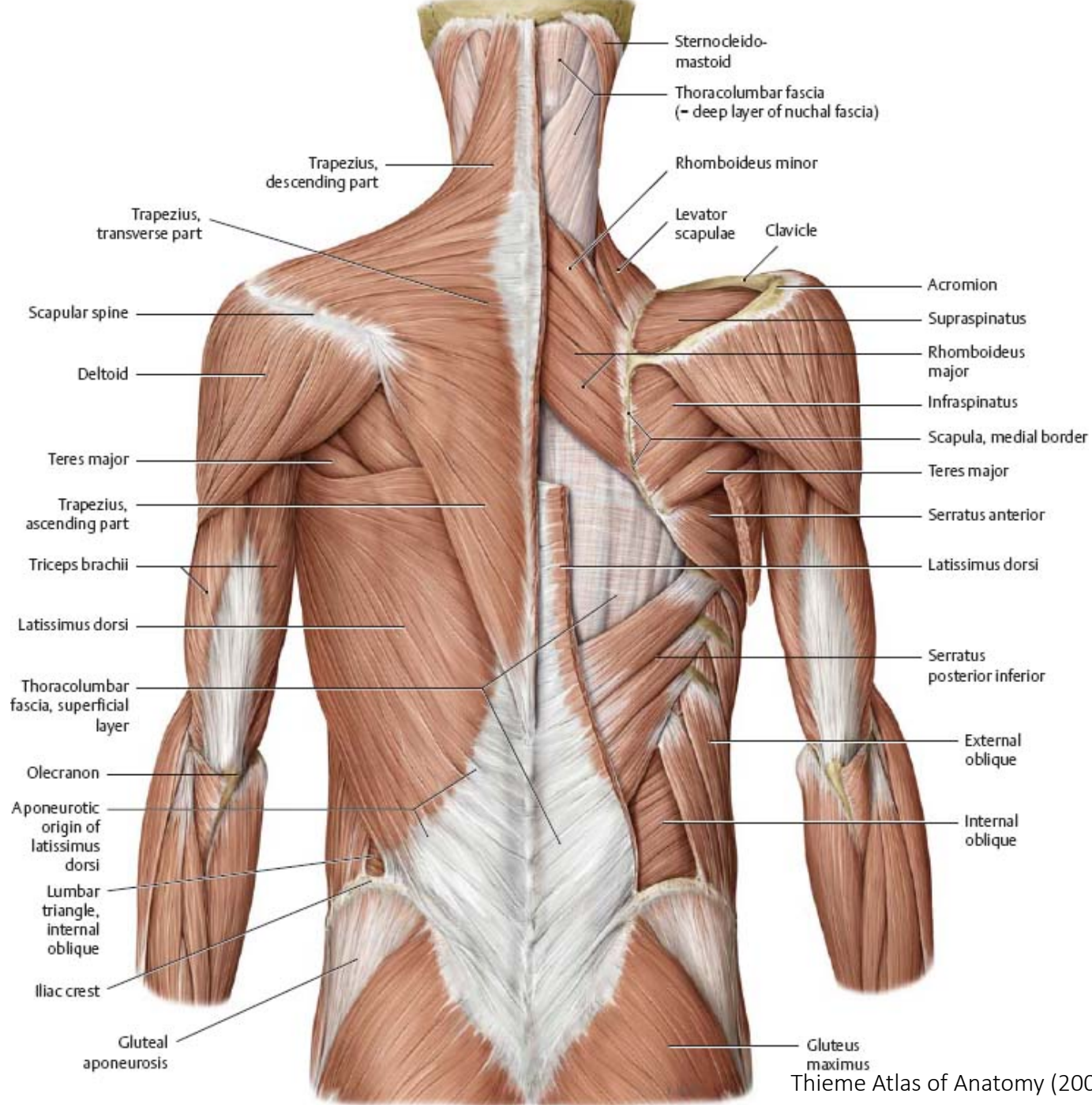


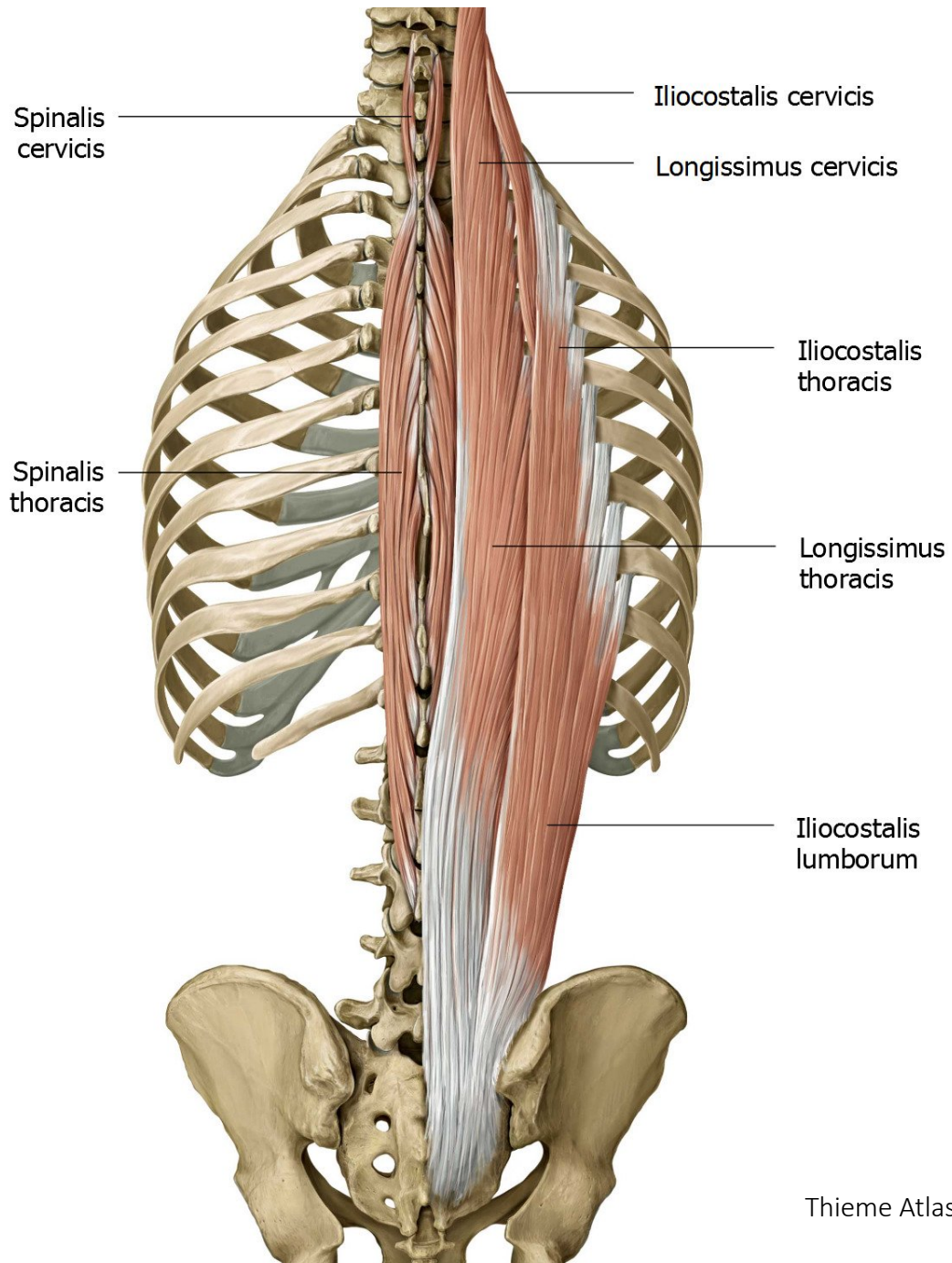
## Exercise List: Discover Your Internal Lift

- **Internal Lift (2x)**
  - Press feet into floor
  - Arches
  - Ankles
  - Calves
  - Inner Thighs
  - Pelvic Floor
  - Abdominals
  - Chest
  - Neck
  - Skull
  - Out the top of the Head
  - Think about your Waterfall
- **Standing Roll Down / Roll Up**
  - Start at the base of your skull
  - Articulate the spine
  - Hang and breathe
  - Let the backbody stretch (neck, back, hams, calves)
  - Relax and release into gravity.
  - Work with gravity, not against it.
  - Roll up through your internal lift.
- **Rollback Using Internal Lift**

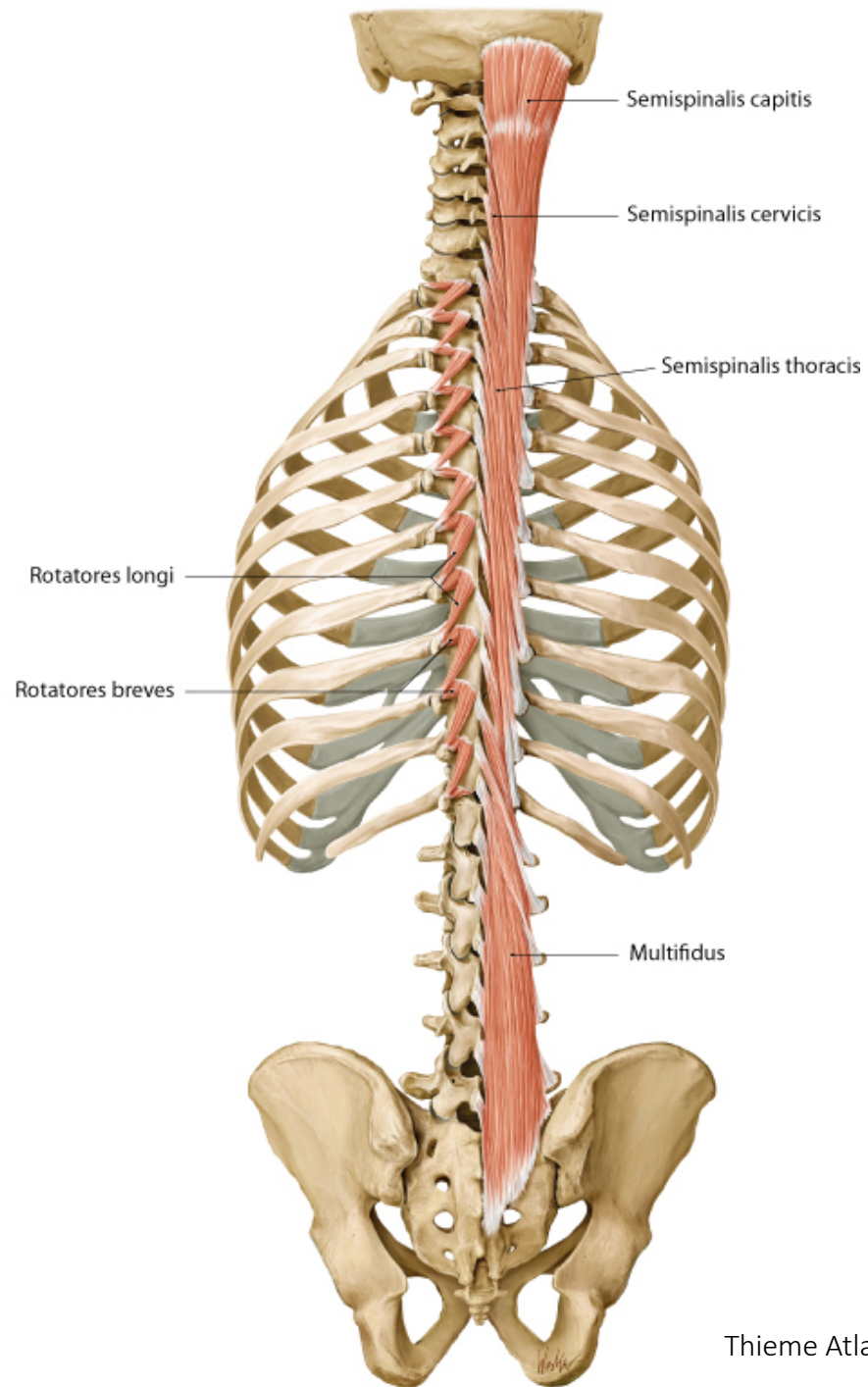
## Exercise List: The Essential Back Workshop

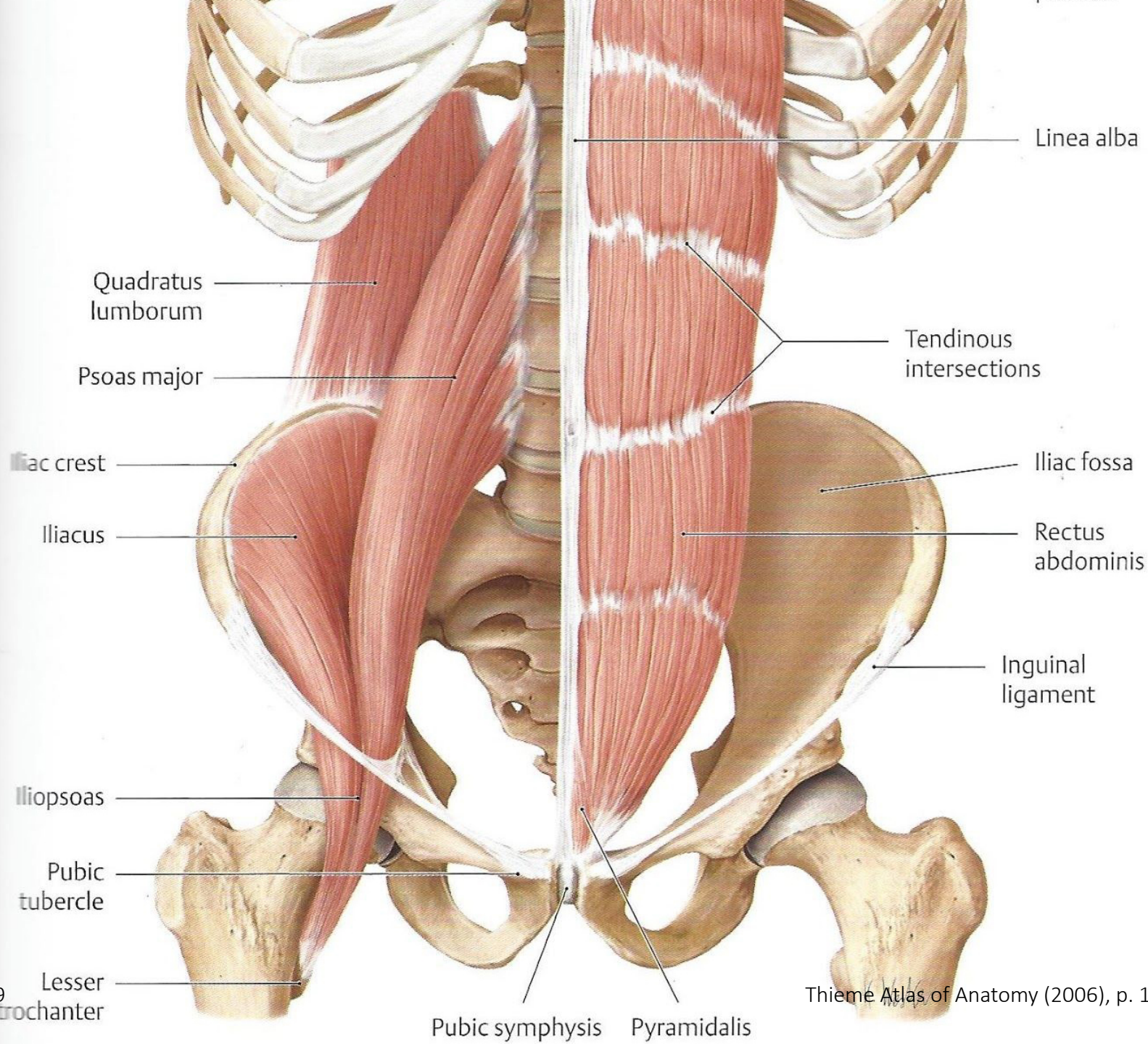
- **Multifidus Warm-up**
  - Sitz bones walking (“sitz bone up the side up the spine”)
  - Side lying clams (it “hugs” the spine)
- **QL Warm-up**
  - Back breathing exercise
- **Standing Rolldown/Rollup**
- **Spine Stretch (back flexibility, stretch muscles & fascia)**
- **Leg Lever**
- **Spine Twist**
- **Saw**
- **Stomach Series Twist**
- **Shoulder Bridge**
- **Swan series (erectors & multifidus)**
  - Swan
  - Swan w/ roller (focus on upper spine bending and lower spine stability)
  - Swan w/ Magic circle
  - Grasshopper progression
- **Side Kicks - front/back (psoas)**
- **Hand weight series**
  - Triceps press
  - Biceps curl - front
  - Biceps curl - side
  - Biceps curl - around the world
  - Triceps press - around the world
- **Standing Rolldown/Rollup**







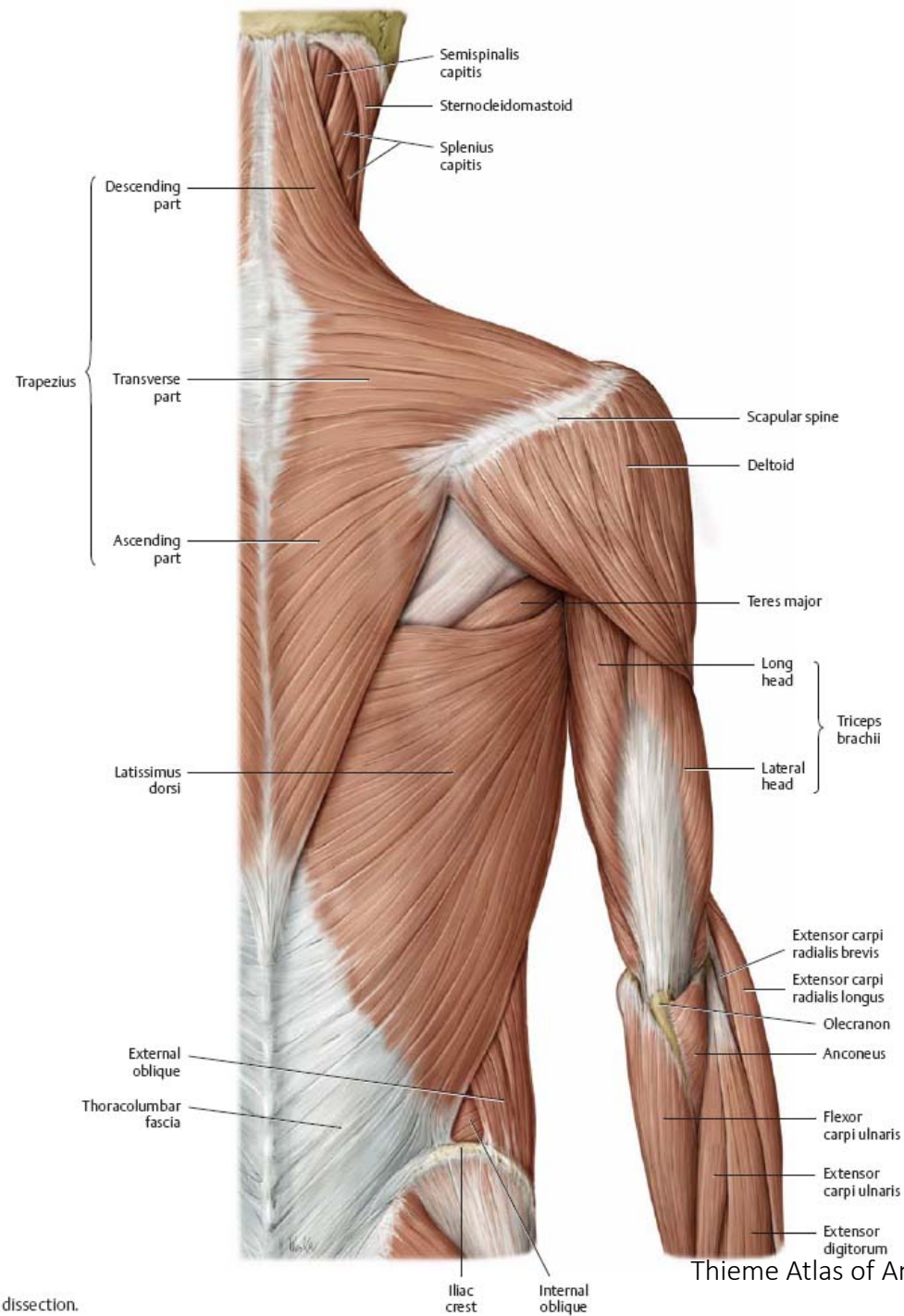




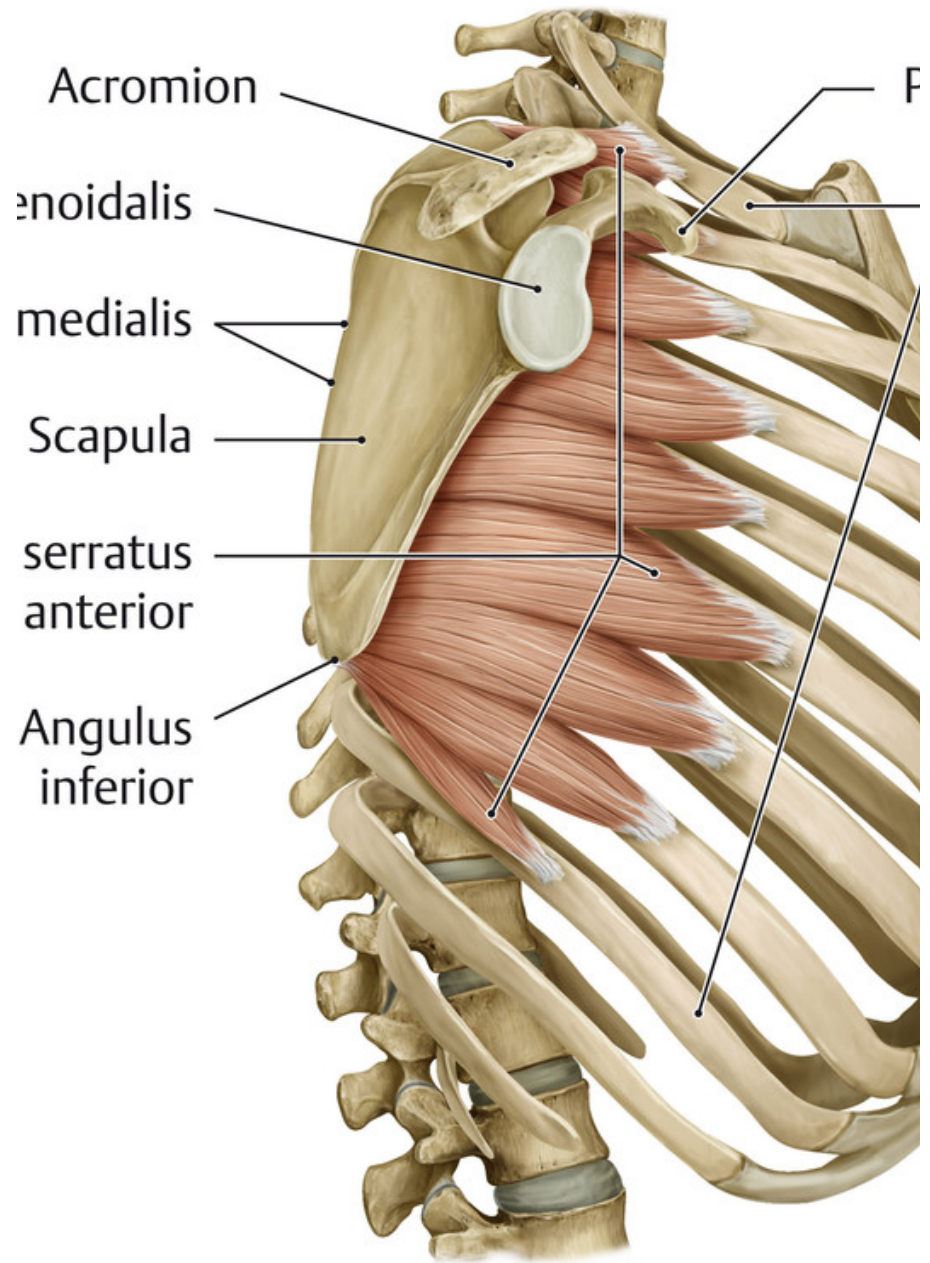
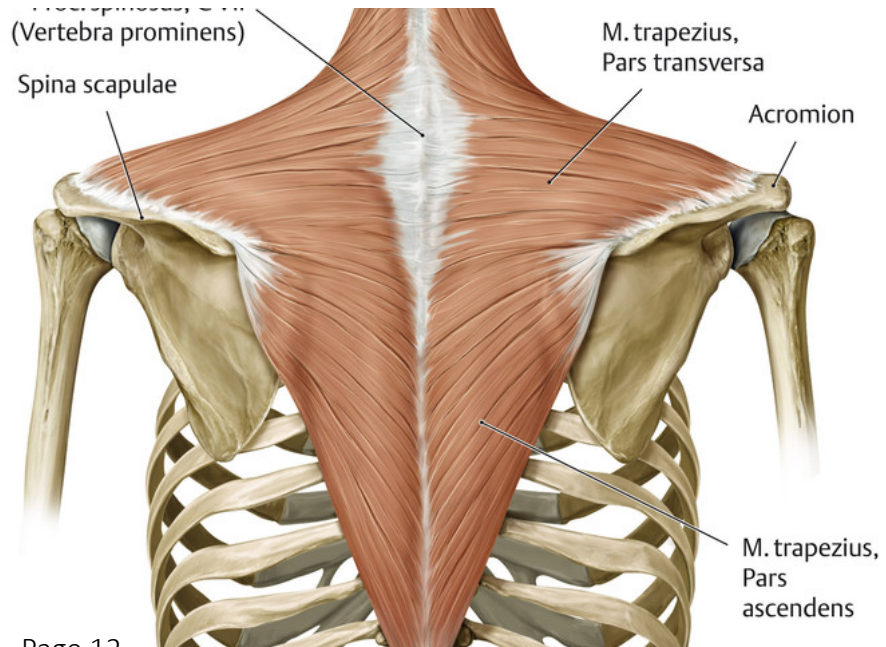
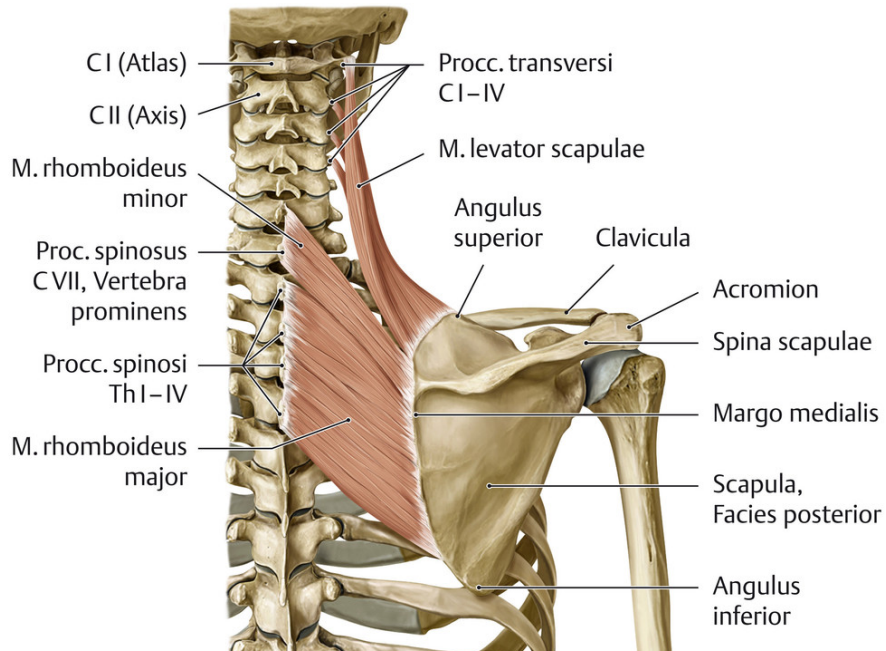
## Exercise List: Strong, Sculpted Arms & Shoulders

- Arm circles (supine) – optional roller
- Kneeling shoulder stretch w/ scapula slides (prone) – optional roller
- Seated pec stretch – optional roller
- Kneeling hand, wrist and arm stretches (hard surface)
  - Palms down – fingers forward
  - Palms down – fingers back
  - Palms up – fingers forward
  - Palms up – fingers back
- Serratus activation w/ Magic Circle – Front, Side, Back
- Scapula slides on all fours
- Pilates Hand weight series (w/ light weights, water bottles, no weights). Keep core focus, neutral.
  - Bicep curls front
  - Bicep curls side
  - Biceps to triceps
  - Tricep presses
  - Flying/chest opener
  - Sidebends
  - Boxing
  - Tricep press around the world
- Little arm circles
- Standing roldown / rollup









## Exercise List: Healthy & Well Working From Home

- Walking sitz bones
- Rocking horse (center of gravity)
- Sitting to standing
- Shoulder blade slides (standing or laying down)
- Head rotations, nods, circles (standing or laying down)
- Arm swings (cross-body)
- Arm claps (front/back)
- Standing side stretch (at the wall)
- Standing roll down / roll up
- Leg swings at the wall
- Standing footwork
- Plank at the wall



## Diagram of Healthy Sitting

### Shoulders & Chest

Relax your shoulders by imagining your shoulder blades waterfalling down your back. This allows the chest to lift and open.

### Neck & Head

Your head should be perched directly on top of the spine. Do not push the neck forward.

### Neutral Pelvis

Sit in “neutral pelvis”, directly on top of your sitting bones. Your weight should be distributed (70% through the pelvis, 30% through legs and feet). Ensure feet are firmly planted on the floor.

### Neutral Spine

Sit with your spine in neutral position, with the natural curves of your spine supporting you. You should have a slight arch in your neck and low spine and be slightly rounded in the upper back. Do not flatten the low spine to the back of the chair.



## How to Align With Your Workspace

### Computer Screen

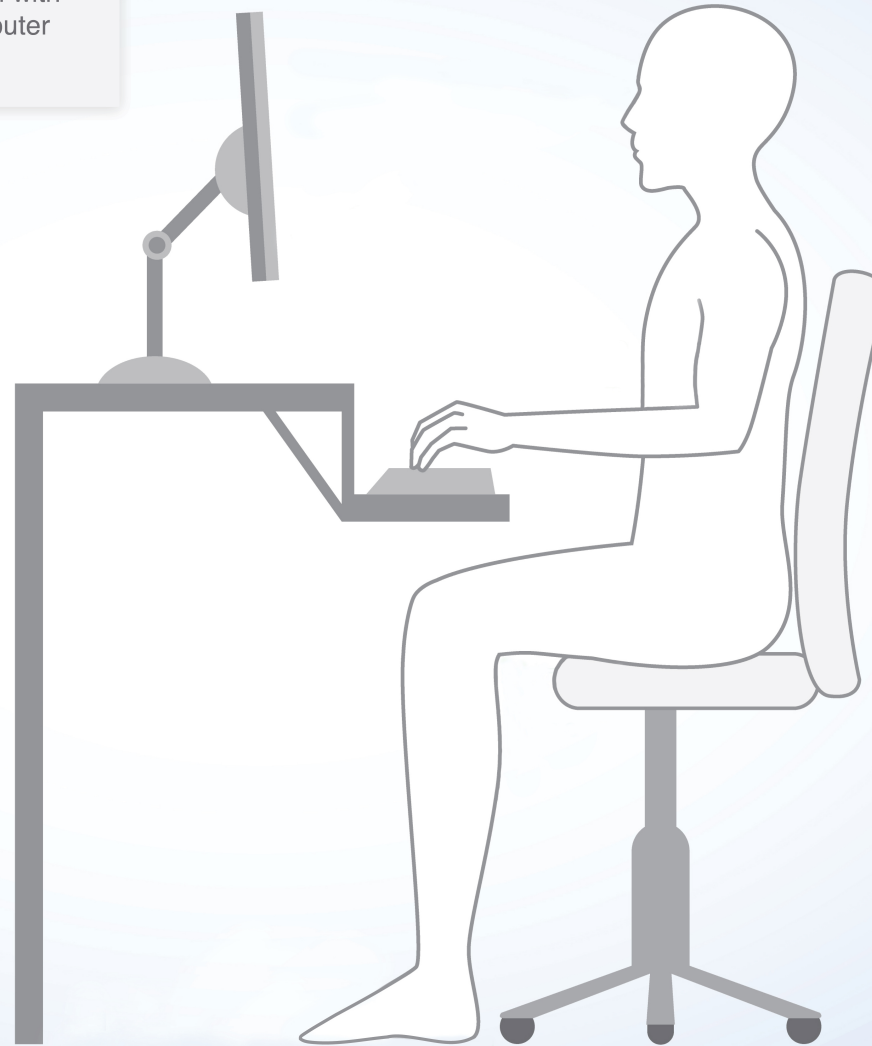
Eyes should be level with the top third of computer screen.

### Arms

Position arms so that your elbows are slightly lower than your forearms to allow the shoulders to relax. You don't need armrests, but if you use them, make sure they are at the right height. Wrists should be in line with forearms as your fingers touch the keyboard.

### Optional Footrest

Ensure your feet are planted firmly on the floor. You may need to adjust your chair height or use a footrest.



### Back Support

Do not lean on the back of the chair. A strong core is perfectly capable of supporting the spine with minimal or no back support, but it may take some time to get used to.

If you need back support, the best option is to place a cushion just below your shoulder blades, not directly behind the low back.

### Chair

Choose a chair with a firm, flat surface, neither overly contoured nor thickly padded. Adjust seat so that hip joints are slightly higher than knees.

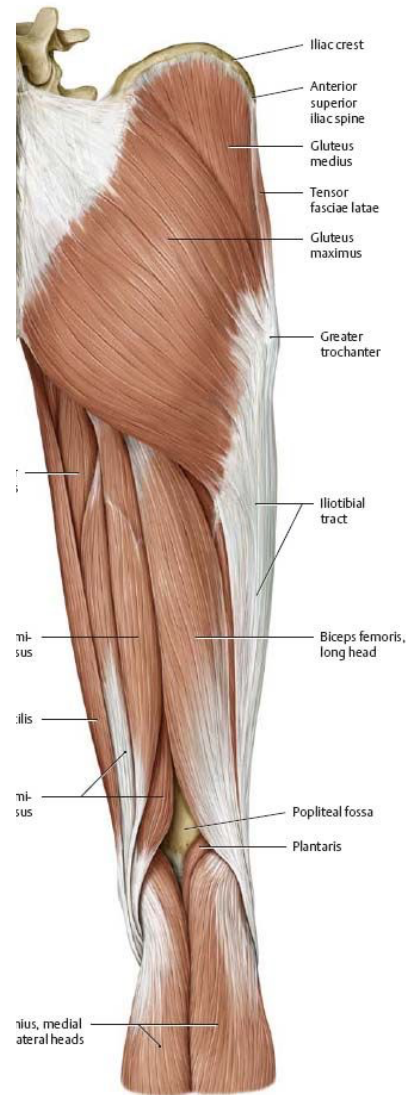
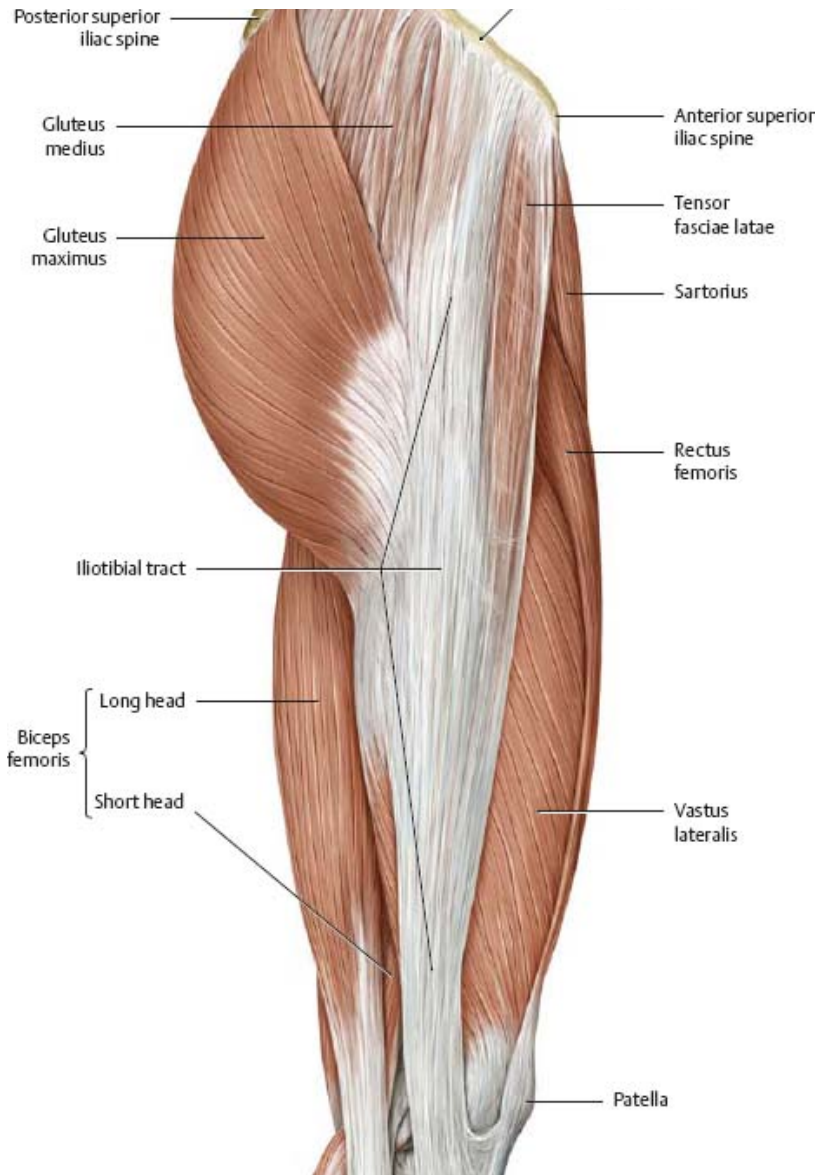


## Exercise List: Perfecting Your Plank

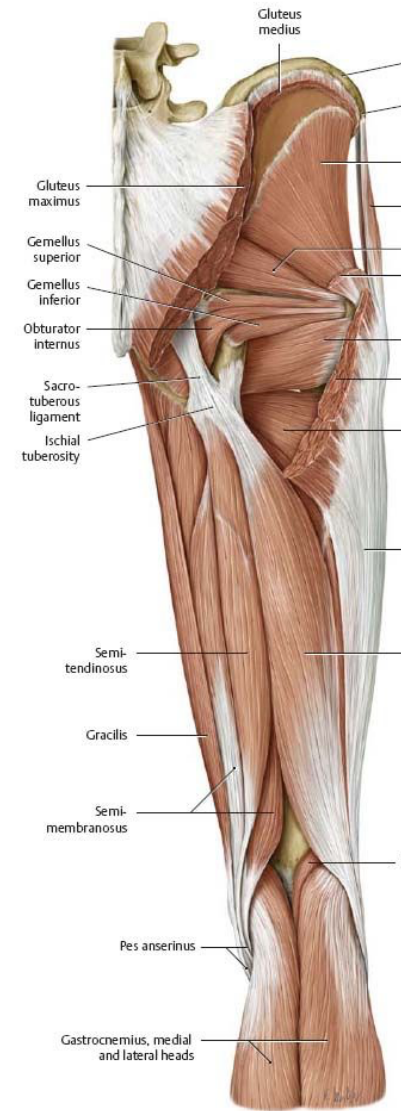
- **Shoulder Bridge (glutes, hams, feet)**
  - Add single leg circles
- **Serratus activation w/ resistance band (shoulder girdle stabilization)**
  - Bent arms, external rotation, straight arms
- **Serratus activation w/ Pilates magic circle**
- **All Fours**
  - Arm external rotation
  - Neutral to pelvis/spine curl
  - Leg Slides (fold up back of mat)
    - Add small leg lifts to activate leg muscles
- **Plank on a Wall**
  - Neutral neck and upper spine.
  - Low spine and pelvis in neutral w/ a “hint of a scoop and tuck”. It should be slightly flatter than your regular neutral to withstand the weight of gravity.
  - Spread your fingers and press your entire palm and fingers through the wall/floor.
  - Spread and flex your toes and press the balls of your feet in the floor.
  - Find your internal lift. Elongate your spine.
- **Forearm Plank on a Box/Tabletop**
  - Elongate through your entire body.
- **Straight Arm Plank on a Box/Tabletop**
- **Straight Arm Plank on the Floor**
- **Standing Rolldown into Plank**

## Exercise List: The Essential Lower Body Workout

- **Warm-up/Prep**
  - All Fours Pelvic Rocks
  - Shoulder Bridge (glutes squeeze)
- **Side Kick Series**
  - Front/Back
  - Up/Down
  - Internal/External
  - Developpé/Enveloppé
  - Side Leg Lifts (Both, Bottom, Top)
  - Rond De Jambe (out of time)
  - Hot Potato
- **All Fours – Front, Back, Side**



A Fascia lata (to iliotibial tract).



B Partially removed: Gluteus maximus and medius.

## Exercise List: Thrive Inside Through Healthy Movement

- Standing Observation
- Arm Circles laying down (w/ or without roller)
- Head/Neck Mobilization on Overball
  - Use deflated Soft Overball or roll up a large towel.
  - Lengthen and rotate
    - Use the image of a rod going through the vertical axis of your head.
    - Pretend you have eyes in the back of your head.
  - Nods
  - Circles
- Wendy's Side Lying Arm Circles
- Standing Observation #2



## Exercise List: The Pilates Detox – Part I

- Standing Rolldown at the Wall (observe your articulation, use abs)
- Leg Lever
- Supine Breathing (hands on ribcage)
  - Inhale - feel the ribcage lift, widen and expand all around
  - Exhale - use abdominals to slowly, fully squeeze all the air out of the body
- Rolling Like a Ball
  - Advanced: Elbows on kneecaps
- Spine Stretch
  - Abdominals massaging the spine
- Rollback / Rollup
  - Abdominals massaging the spine
- Open Leg Rocker
  - Advanced: Legs together
- Rollover
  - With and w/o foam roller
- Jackknife
- Standing Rolldown at the Wall

## Exercise List: The Pilates Detox – Part II

- **Warm up/Prep**
  - Leg Lever
  - 100
- **Standing Twist (45 °)**
  - Hands on top of pelvis, lift and rotate spine
- **Seated Twist (45 °)**
  - w/Magic Circle or resistance band
- **All Fours Twist (45 °)**
- **Spine Stretch**
- **Saw**
- **Twist (elbow to knee)**
  - Beginner: one foot down
  - Int/Adv: one leg extended
- **Corkscrew**
  - Tick-Tock
  - Circles
- **Hip Circles on Forearms**
  - Tick-Tock
  - Circles
  - Advanced: straight arms
- **Rollback w/ Twist**
  - w/ Magic Circle, resistance band or genie arms
- **Standing Rolldown w/ Twist**
  - Legs shoulder-width apart
  - Variations: use box for tight hamstrings

## Exercise List: The Core Solution

- **Pelvic Rocks**
  - Variation: Franklin Balls
- **Leg Lever**
- **100**
- **Rollback / Roll-up**
- **Single Leg Circles**
- **Rolling Like a Ball**
  - Variation: Elbows to knees
- **Single Leg Stretch**
- **Double Leg Stretch**
  - Variation: Magic Circle
- **Legs Lower Lift**
  - Variation: Magic Circle
- **Spine Stretch Forward**
- **Open Leg Rocker**
- **Corkscrew**
  - Variation: Tick-tock
- **Swan/Swan Dive**
  - Variations: Foam Roller, Magic Circle
- **Teaser**
  - Variations: Hold, Toe-taps, Rollback
- **Standing Rolldown**