

Women's MIND BODY WELLNESS SUMMIT

Expert: Francesca Saracino

Pilates Instructor

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What is Pilates?

Focuses on strengthening your core. Trained in Stott Pilates, she focuses on five principles:

1. Breathing
2. Pelvic placement
3. Rib cage placement
4. Scapula (shoulder) placement
5. Head and spine placement

Basically, pilates focuses on maintaining structure throughout the spine. It is important to know you won't necessarily see a change in your weight; you will notice it in the way your clothes fit.

Helpful Terms

Flexion: When you lay on your back and flex your body up using your abdominal muscles.

Extension: Similar to flexion, but with extension, you lay on your stomach and flex your back up.

Imprint: Using your oblique muscles to pull your bellybutton in toward your spine.

Table top: Lie on your back, bring your legs up one at a time and keep them in a right angle.

Hundreds position: Combines flexion and table top, then hold it for 100 counts.

Why Work on Your Core

Working on your core improves your posture and overall strength. Participate in pilates at least once per week. Two or three times per week is even better.

“Your core is your powerhouse.”

Workout Steps

1. Obliques rollback
2. Half rollback
3. Roll-up
4. Single leg stretch
5. Obliques
6. Double leg stretch
7. Hundred
8. Extension
9. Child's pose
10. Pilates push-up
11. Bridge
12. Single leg bridge