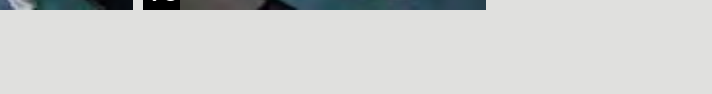
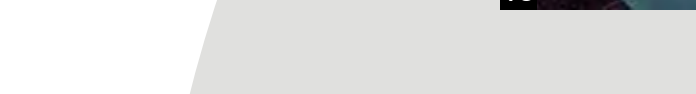
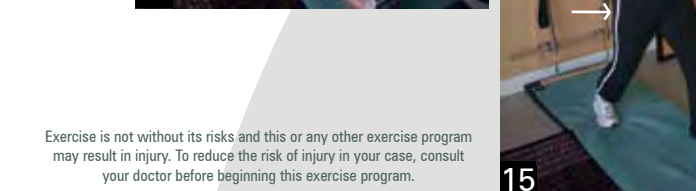
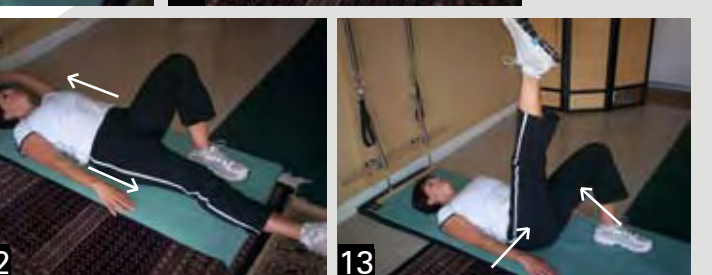
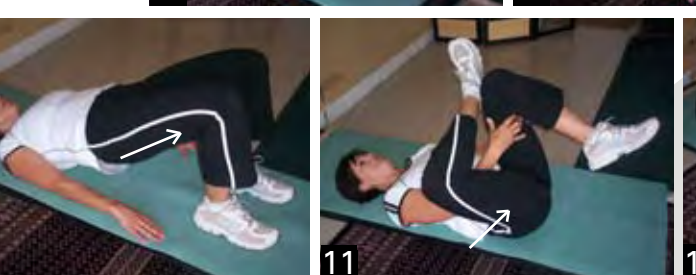
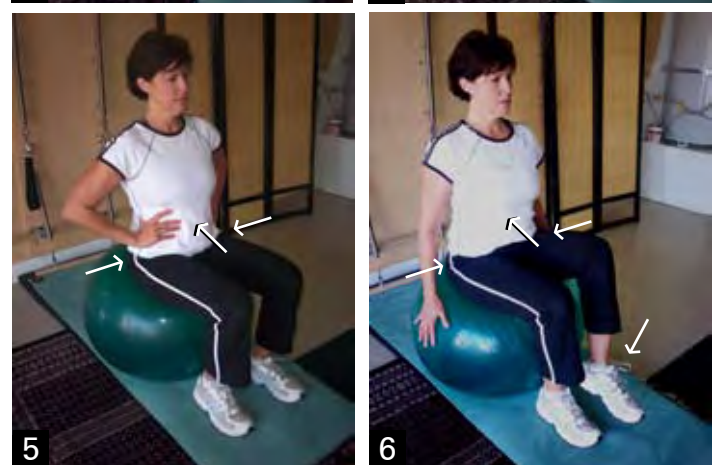
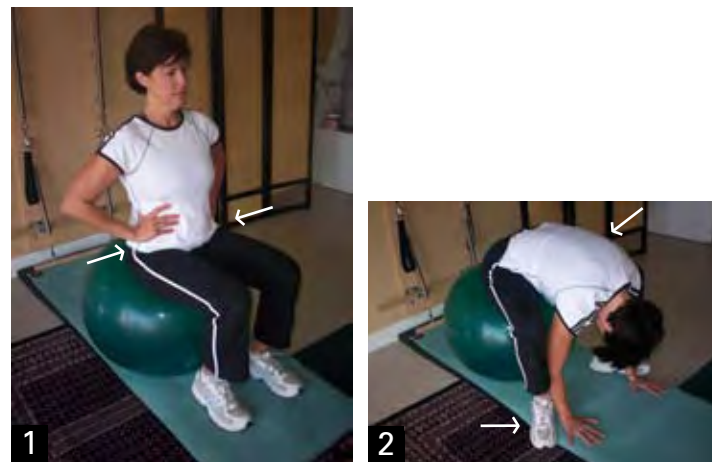




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Finding Your Core/Equestrian Flexibility Exercises

1. Neutral Pelvis/Pelvic Tilt

Sit on your stability ball sits bones even, feet hip distance apart, parallel and close to the ball. Keep your shoulders relaxed down away from your ears and shoulder blades melting down your back. Put both hands on your hips. Tilt your hips toward your ribs then tilt them away from your ribs. Find a happy medium where your hips are parallel to the floor. This is Neutral pelvis. To maintain this position, activate your core abdominal muscles by sinking your navel back toward your spine. Repeat 5-7 times.

2. Low back stretch/Hip opener

Start in Neutral pelvis sitting, feet parallel and hip distance. Slowly roll down one vertebra at a time where your hands are on the floor. Walk your feet out at a 45 degree angle. Take several deep breaths and feel the back stretch and your hips open up. Walk the feet back to start and roll up one vertebra at a time to sitting position. Hold each stretch for 15-30 seconds and repeat 2-3 times.

3. Hip Flexor/ Quadriceps/Latissimus Dorsi Stretch

Kneel with front leg bent 90 degrees. Start in neutral pelvis position where your hips are parallel to the floor. Draw in Abs to keep pelvis stabilized. Tuck the pelvis under slightly to feel a stretch in the front of the hip. Raise the same side arm overhead without pushing the ribcage outwards. Feel the stretch along the side of the ribcage as the arm is raised over towards the opposite side without changing the pelvis position. Lower the arm and return the pelvis to neutral position. Hold each stretch 15-30 seconds and repeat 2-3 times.

4. Hamstring stretch

Start with feet flat on the floor and sitting in neutral pelvis; weight even on both sits bones. Extend one leg out away from the ball. Draw in Abs to stabilize pelvis. Keeping your back straight, slowly bend forward from the hips until a stretch is felt in the back of the leg. Slowly roll up one vertebra at a time to start position. Repeat other leg. Hold each stretch 15-30 seconds and repeat 2-3 times.

5. Finding your Core/Breathing Exercise

Sit on the stability ball feet parallel, hip distance apart and weight even on both sits bones. Do several pelvic tilts to find neutral position. Put hands on ribcage and as you inhale feel the ribcage expand like an accordion. Keep the shoulders relaxed away from ears and shoulder blades melting down your back. On the next exhale draw your navel toward your spine. As you breathe, visualize your have an old fashioned corset cinching your core in from the front back and sides with each breath. Repeat 5-7 times.

6. Seated Marching- Balance Exercise

Sit on the ball keeping both feet on the floor, parallel and sits bones even. Sit with pelvis neutral and start activating your core using the breathing exercise. Inhale to prepare and exhale, keeping Abs drawn in, slowly lift one leg off the floor. Only lift the leg high enough to keep the pelvis from shifting. Inhale lower the leg and switch sides. Repeat 5-7 times.

7., 8. Neutral/Cat Stretch

Start on all fours, feet parallel, hip distance apart, elbows in line with shoulders. Find neutral pelvis by doing pelvic tilts where your hips are parallel to the floor. Make sure shoulders are relaxed away from ears and shoulder blades are melting down back. Inhale to prepare and exhale draw Abs in and round the back one vertebra at a time from the head to the tail. Inhale feel the back stretch and exhale as you reverse the curve and start lengthening the spine from the tail forward. Return to neutral pelvis. Repeat 5-7 times.

9. Shoulder/Spine Stretch

Start in neutral pelvis on all fours. Inhale to prepare and exhale as you extend your shoulders forward and shift hips back and lengthen the spine. Feel the stretch in your shoulders as you sink your weight back toward your hips. Return to neutral pelvis. Hold for 15-30 seconds and repeat 2-3 times.

10. Bridging

Start on your back feet parallel, hip distance apart and knees bent 90 degrees. Do a few pelvic tilts to find neutral pelvis. Inhale to prepare and exhale as you draw your navel to your spine and roll up vertebra at a time. Inhale feel the front of the body lengthen and exhale as you roll back down vertebra at a time. Return to start. Repeat 5-7 times.

11. Piriformis Stretch

Lie on your back with your knees bent 90 degrees, feet flat and parallel to the floor. Cross the right ankle onto the left knee. Reach through your legs and hold behind the left knee. Slowly bring the left knee toward your chest. Feel the stretch in your right buttock and hip. Repeat the stretch on the other side. Hold for 15-30 seconds and repeat 2-3 times.

12. Opposite Arm/Leg Stretch

Lie on your back in neutral pelvis with feet flat on the floor and knees bent 90 degrees. Keeping Abs drawn in, slowly extend one leg on the floor and the opposite arm overhead. Feel the stretch in opposing directions while keeping rib cage down and neutral pelvis. Repeat opposite side. Repeat 5-7 times.

13. Single Leg Circle

Start on your back in neutral pelvis, feet flat on floor, parallel and bent 90 degrees. Keep your shoulders away from your ears and shoulder blades stabilized and melting down back. Extend one leg up in the air. Inhale to prepare and exhale as you circle the leg in each direction 5 times. Repeat the other leg. Keep the hips and support leg from shifting by keeping the Abs drawn in. Do 1 set of 5-7 repetitions.

14. Seated Spine Twist

Sit with legs straight and parallel. Sit in neutral pelvis and weight even on both sits bones. Keep shoulder blades down and stabilized. Cross left leg over right knee and keeping Abs drawn in, rotate torso left. Make sure the hips stay even and facing front. Feel stretch in buttocks, spine and front of shoulder. Keep lengthening spine upwards. Repeat other side. Hold for 15-30 seconds and repeat 2-3 times.

15. Standing TFL Stretch

Start standing with both feet flat and parallel to each other. Find neutral pelvis. Step back with right leg and knees slightly bent. Raise right arm and stretch overhead. Keep Abs drawn in to keep hips stable. Feel stretch in right side of body, from under armpit to outer hip. Repeat other side. Hold for 15-30 seconds and repeat 2-3 times.

16. Standing Calf Stretch

Stand in front of wall both feet parallel and flat on floor. Stand in neutral pelvis with Abs drawn in. Keep both palms on wall with shoulder blades down and stabilized. Step back with left leg as you bend right knee and bend forward from hips and press left heel down into the floor. Feel back of leg and calf elongate. Switch sides. Hold for 15-30 seconds and repeat 2-3 times.