

softX[®] Pilates Training

Pilates is an effective workout concept for your health, with which you can improve your agility and your musculature at the same time. You will obtain better posture and coordination through targeted strengthening of the centre of your body. Equally concentrated and deep breathing will moreover improve your well-being and additionally helps decrease stress.



Warm-up softX[®] Pilates-Roll

Find a comfortable and pleasant setting. Perform the exercises concentrated and in a controlled manner. Ensure that you are deliberately breathing in a deep and even manner.

Starting position

End position



Rotation

Briefly pause in the outer position and in the middle.

Mobilisation: Torso
Lengthening: Back

Starting position

End position



Mermaid

The forearm glides over the roll. Briefly hold the end position.

Mobilisation: Torso
Stretches: Spinal Column



Puppet arms

Lift the shoulders upwards and return them to the original position.

Mobilisation: Shoulders
Lengthening: Upper Back



Arm circles

Move your stretched arms in a circular motion from front to back.

Mobilisation: Shoulders

Main Routine softX[®] Pilates-Roll

Beginners should first master easy exercises before they perform difficult exercises.
Repetitions: 5 - 12
Rest Duration: 15 - 60 sec.

Starting position

End position



Half curl

Lower your arms and lift your head at the same time. Briefly hold the end position.

Difficulty: Easy
Strengthening: Stomach
Mobilisation: Shoulders

Starting position

End position



Half curl

Curl and keep your head lifted while performing circular movements with the arms.

Difficulty: Difficult
Strengthening: Stomach
Mobilisation: Shoulders



Toe taps

Alternately raise and lower folded legs.

Difficulty: Easy
Strengthening: Torso
Mobilisation: Hips



Toe taps

Hold legs 90° in the air. Alternately tap the floor with your feet.

Difficulty: Difficult
Strengthening: Torso
Mobilisation: Hips



Leg stretches

Position legs and hips at a 90° angle and alternately stretch and fold them.

Difficulty: Easy
Strengthening: Torso
Mobilisation: Knees



Leg stretches

Lift head and angle your legs 90°, alternately stretch and fold them.

Difficulty: Difficult
Strengthening: Stomach/
Torso
Mobilisation: Knees

Main Routine

softX® Pilates-Roll

Alternatively, you can also subjectively set the training and rest durations for Pilates workouts. Make sure that your movements are controlled, precise and fluent.

Starting position

End position



Curl

Sit straight up again after touching the roller.

Difficulty: Easy
Strengthening: Stomach

Starting position

End position



Curl

Sit straight up again after overstretching the upper body.

Difficulty: Difficult
Strengthening: Stomach
Mobilisation: Spinal Column



Back support

Form a line with your body and briefly hold the raised position.

Difficulty: Easy
Strengthening: Entire Body



Back support

Hold your body stretched and alternately tuck up the knees.

Difficulty: Difficult
Strengthening: Entire Body
Mobilisation: Hips



Tuck up legs

Stretch your legs backwards and hold briefly.

Difficulty: Easy
Strengthening: Torso/
Upper Body



Tuck up legs

Alternately pull your knee towards the body.

Difficulty: Difficult
Strengthening: Torso/
Upper Body
Mobilisation: Hips



Bridge Pose

Lift and hold your hips briefly.

Difficulty: Easy
Strengthening: Torso/
Rear Body Side



Bridge Pose

Alternately stretch your hips and one leg.

Difficulty: Difficult
Strengthening: Torso/
Rear Body Side

Cool-Down

softX® Pilates-Roll

Actively concluding the training session. Slowly assume a stretched position and hold it with a breathing cycle.

Starting position

End position



Swan

Straighten up your upper body and hold the raised position.

Lengthening: Stomach
Mobilisation: Spinal Column

Starting position

End position



Underarm Rolls

Glide over the roller and hold a bent position.

Lengthening: Rear Body Side
Mobilisation: Spinal Column



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