



Beginner Pilates Guide

8 foundational moves for a stronger core, better posture & less back pain



Pilates is one of the best ways to build deep-core strength, preserve muscle, and protect your back — especially for GLP-1 users and anyone new to movement.

Low-impact, joint-friendly, and only 10-15 minutes a day.

YOUR PRACTICE TARGET

10-15 minutes · 3-5x per week

Consistency beats perfection · Even 5 minutes counts

THE 5 PILATES PRINCIPLES

BREATH	Inhale to prepare, exhale to move — always through the nose.
CENTERING	Every move starts from your deep core (the 'powerhouse').
CONTROL	Slow and precise — never rushed, never sloppy.
PRECISION	Quality over quantity — 5 perfect reps > 20 sloppy ones.
FLOW	Smooth, graceful transitions — like water.

WHAT YOU NEED

→ Mat or towel	A regular yoga mat or thick towel works.
→ Comfortable clothes	Fitted works best — you'll be watching alignment.
→ Small pillow (optional)	For head support in some moves.
→ Quiet space	6x4 feet is plenty.





1

Pelvic Tilts

Warms up spine · Wakes deep core

10 reps



HOW TO DO IT

1. Lie on your back, knees bent, feet flat, arms by your sides.
2. Inhale to prepare — feel a small natural arch in your low back.
3. Exhale and gently tilt your pelvis up, pressing low back into the mat.
4. Inhale to return to neutral (small natural arch).
5. Move slowly and control the transition — no rushing.

★ COACH'S TIP

This is the foundation of every Pilates move. Master this first.



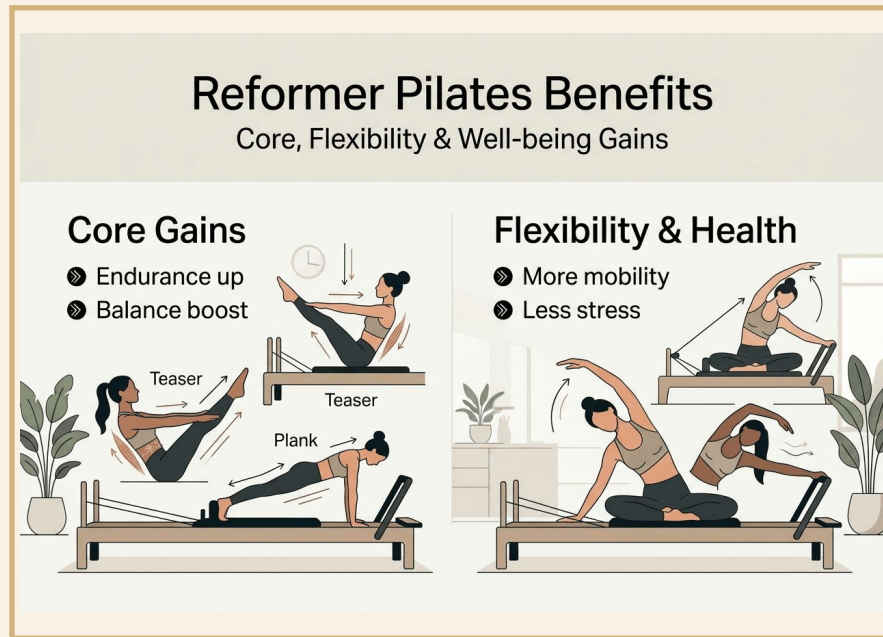


2

The Hundred (modified)

Deep core · Circulation · Endurance

10 breath cycles



HOW TO DO IT

1. Lie on your back, knees bent at 90° (or feet flat if new).
2. Curl head, neck, and shoulders slightly off the mat.
3. Extend arms long by your sides, hovering above the mat.
4. Pump arms up and down in small quick motions.
5. Inhale for 5 pumps, exhale for 5 pumps — repeat 10x = 100 pumps.

★ COACH'S TIP

Feel your neck straining? Rest your head down and just pump the arms.



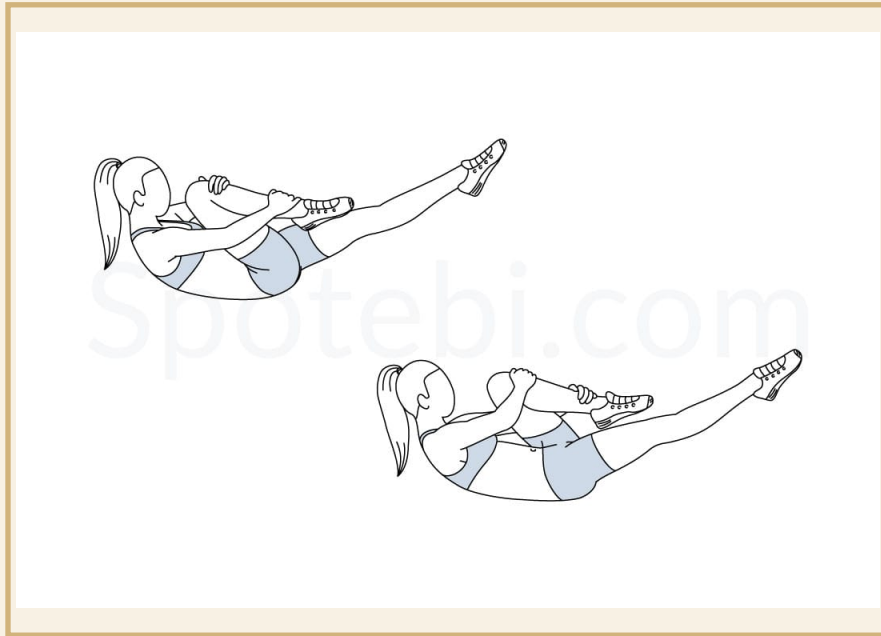


3

Single-Leg Stretch

Core control · Coordination · Hip stability

8 each side



HOW TO DO IT

1. Lie on your back, curl head and shoulders up.
2. Bring both knees toward your chest, hands on shins.
3. Extend right leg to 45°, keep left knee pulled in.
4. Switch legs smoothly — right in, left out.
5. Keep low back pressed into the mat the whole time.

★ COACH'S TIP

If your back arches or lifts, extend legs higher toward the ceiling.





4

Bridge

Glutes · Hamstrings · Low back

10 reps



HOW TO DO IT

1. Lie on your back, knees bent, feet flat and hip-width apart.
2. Arms rest by your sides, palms down.
3. Exhale and squeeze glutes to lift hips toward the ceiling.
4. Create one long line from knees to shoulders — don't over-arch.
5. Inhale and lower slowly — spine by spine, one vertebra at a time.

★ COACH'S TIP

Squeeze your glutes at the top like you're cracking a walnut.





5

Dead Bug

Deep core · Spinal stability

8 alternating reps



HOW TO DO IT

1. Lie on your back, arms straight up toward the ceiling.
2. Bring knees to tabletop — 90° at hips and knees.
3. Exhale and lower right arm overhead + left leg toward the floor.
4. Inhale to return to start position with control.
5. Alternate sides — keep low back GLUED to the mat throughout.

★ COACH'S TIP

If your back arches, move slower and reach less far — small range wins.



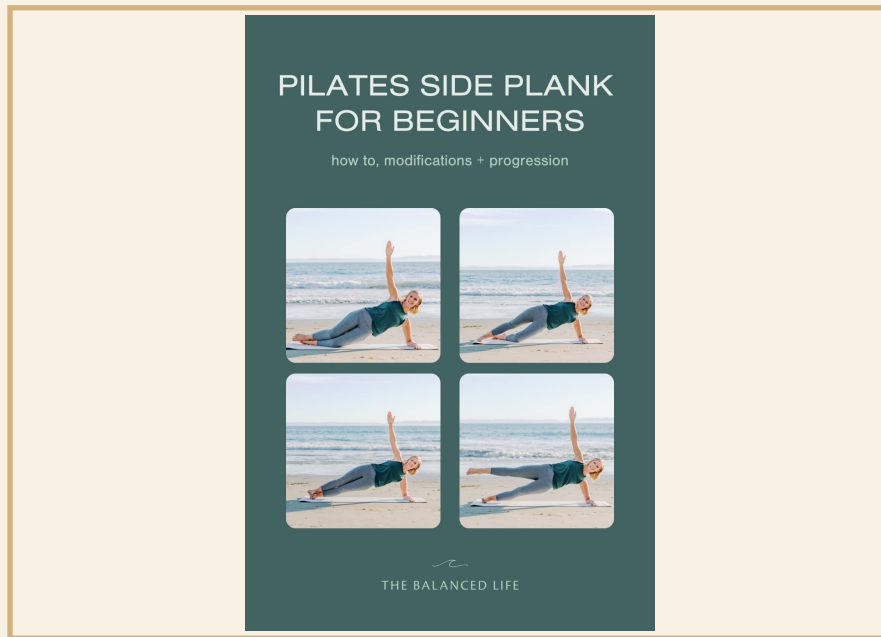


6

Modified Side Plank

Obliques · Shoulder · Hip strength

20-30 sec each side



HOW TO DO IT

1. Lie on your side, propped on your forearm, elbow under shoulder.
2. Bend both knees at 90° behind you — knees stack.
3. Lift hips off the mat — one line from head to knees.
4. Top arm reaches for the ceiling or rests on your hip.
5. Hold, breathing steadily — then switch sides.

★ COACH'S TIP

Feel a shoulder pinch? Press the floor away — don't sink into the joint.



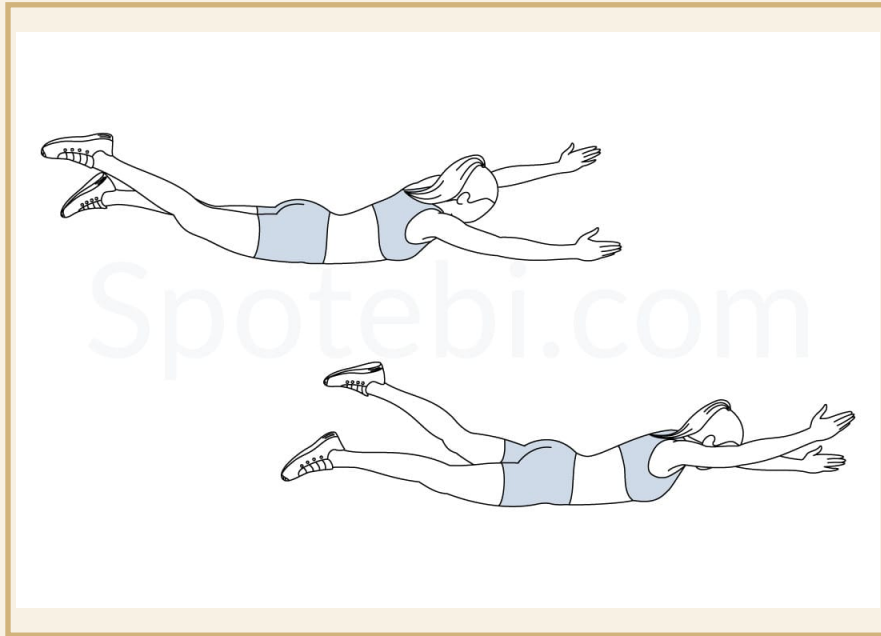


7

Swimming

Back · Glutes · Posture · Full posterior chain

20 seconds



HOW TO DO IT

1. Lie face down on your mat, arms extended overhead.
2. Gently lift chest, arms, and legs off the mat.
3. Alternate lifting opposite arm and leg — like swimming.
4. Keep neck long — gaze at the mat, not up.
5. Breathe naturally throughout — don't hold your breath.

★ COACH'S TIP

This is the antidote to hunching over a phone all day. Feel your back light up.



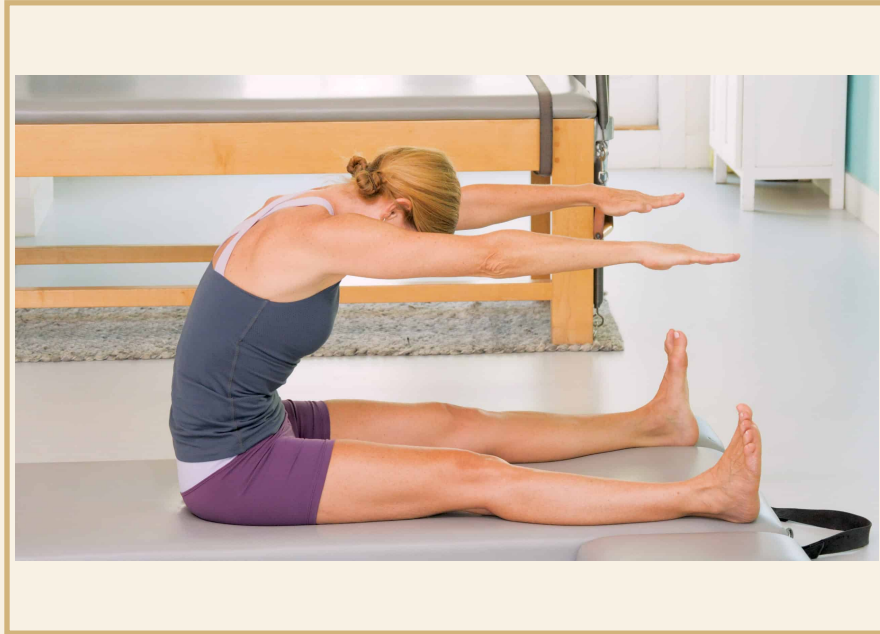


8

Spine Stretch Forward

Spine flexibility · Hamstrings · Reset

5 slow reps



HOW TO DO IT

1. Sit tall with legs extended slightly wider than hip-width.
2. Flex feet, arms reach forward at shoulder height.
3. Inhale to sit even taller — grow through the crown of your head.
4. Exhale and slowly curl forward — chin to chest, one vertebra at a time.
5. Inhale to roll back up, stacking spine tall again.

★ COACH'S TIP

The goal isn't to touch your toes — it's to feel each vertebra move.





Your Weekly Pilates Plan

A 4-week roadmap to build a real Pilates habit

WEEKS 1-2 · FOUNDATION

- 3 days: Full 10-min flow (moves 1-4)
- 2 days: 20-min walk
- Focus: Learn the breath — inhale prepare, exhale move
- Add pelvic tilts anytime you have back pain

WEEKS 3-4 · BUILD

- 3 days: Full 15-min flow (all 8 moves)
- 1 day: Add a walking or yoga day
- 2 days: Active recovery — gentle stretch
- Focus: Slow control — quality over quantity

WHAT TO EXPECT

- Week 1:** Sore abs (good sore!) — you'll feel muscles you forgot you had.
- Week 2:** Better posture at your desk — you'll catch yourself standing taller.
- Week 3:** Less back pain, stronger transitions in daily life.
- Week 4:** A visibly flatter, stronger midsection. Real Pilates body building.

★ COACH'S FINAL WORD

10 minutes of Pilates daily will change your body more than 60 minutes once a week.

Consistency is your superpower. Roll out your mat.

