

# Your Simple No-Equipment Pilates Workout

Try this as a 20–30 minute routine. Beginners can start with fewer reps and build up over time.

## 1. Pilates Breathing (Warm-Up) · 2–3 minutes

- Lie on your back, knees bent, feet flat on the floor
- Place one hand on your chest, one on your belly
- Inhale through your nose, expanding your ribs
- Exhale slowly through your mouth, gently pulling your belly in

This wakes up your core and sets the Pilates tone.

## 2. Pelvic Tilts · 10–15 reps

- Inhale: neutral spine
- Exhale: gently tilt your pelvis, flattening your lower back to the floor
- Imagine zipping up tight jeans, subtle but powerful

Great for core awareness and lower-back relief.

## 3. The Hundred (Beginner Version) · 30–50 pulses

- Lift your head and shoulders slightly
- Raise arms off the floor
- Pump arms up and down: inhale 5 counts, exhale 5 counts
- Lower your head if your neck gets tired

## 4. Leg Slides · 10 reps per leg

- Lie on your back with core engaged
- Slowly slide one leg out straight
- Slide it back in, then switch legs

Looks simple, works deep.

## 5. Single Leg Circles · 5–8 circles each direction

- One leg bent on the floor, the other lifted straight up
- Draw small circles with the lifted leg
- Keep hips steady

Excellent for hip mobility and control.

## 6. Side-Lying Leg Lifts · 10–15 reps per side

- Lie on your side with legs stacked in a straight line
- Lift the top leg slightly and lower with control

Targets thighs and glutes gently.

## 7. Glute Bridge · 12–15 reps

- Feet hip-width apart
- Lift hips slowly while squeezing glutes
- Lower down one vertebra at a time

Think long, not high.

## 8. Swimming · 8–12 slow reps

- Lie on your belly
- Lift opposite arm and leg
- Alternate sides slowly

Builds back strength and supports posture.

## 9. Child's Pose Stretch (Cool Down) · 2–3 minutes

- Sit back on your heels
- Stretch arms forward
- Breathe deeply and relax

## How Often Should You Do This?

- 2–3 times a week for beginners
- 4–5 times a week if you fall in love with it

Pilates works best when done consistently, even in short sessions.

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