

# CHEAT SHEET

## Pilates Exercise Reference

### 1. Core Principles of Pilates:

- Centering: Focus on engaging your core muscles.
- Concentration: Be mindful of each movement.
- Control: Move with precision and control.
- Breath: Coordinate breath with movement.

### 2. Key Pilates Exercises:

- The Hundred: Pump arms while holding legs in a tabletop position. Breathe in for 5 pumps, out for 5.
- Single Leg Stretch: Alternate pulling one knee to the chest while extending the other leg.
- Plank to Push-Up: Hold the plank position, then move into a push-up.

### 3. Alignment Tips:

- Neutral Spine: Maintain natural curves of the spine.
- Shoulder Placement: Keep shoulders relaxed and away from ears.
- Pelvic Alignment: Align hips with shoulders, engaging the core.



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## 4. Modifications for Different Levels:

- Beginner: Reduce range of motion or perform exercises more slowly.
- Intermediate: Add small weights or resistance bands.
- Advanced: Increase repetitions or add more challenging variations.
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## 5. Breathing Techniques:

- Inhale: Typically during preparation or extension.
- Exhale: Typically during exertion or flexion.

## 6. Integration with Fasting:

- Best Time: Consider performing Pilates before eating for optimal energy utilization.
- Stay Hydrated: Drink water before and after your workout.

**Listen to Your Body: Modify or skip exercises if needed.**

This cheat sheet provides a comprehensive guide to Pilates exercises, emphasizing key principles, alignment, modifications, breathing techniques, and integration with Intermittent Fasting.