

# A classic pilates

FOR EVERYBODY



by Fábila Gouvêa



**hello,**  
**I'm Fábria Gouvêa.**

The 'Classic Pilates' program was developed so that you can perform the practices in a guided manner, learning more about your body. By accessing the videos, you will learn more about each position and how to execute them from wherever you are. Come with me to stay in motion!

And don't forget to tag  
[@fabiagouvea\\_studio](#) when practicing.

**We want to follow along with you!**



## The Hundred

The first exercise in Joseph H. Pilates' 'mat' repertoire. It's a warm-up exercise involving arm pumps, consisting of 100 arm pumps while inhaling and exhaling (also a breathing exercise).

Watch



## The Roll Up

Watch

It might seem easy, but it's quite challenging to roll up while connecting the arms to the trunk through the shoulder blades and the legs through our pelvis. Crafting a C-curve of the spine to create internal space is a daily practice for me.

This exercise is the foundation for performing all other exercises that follow, requiring an active C-curve to avoid overloading the spine. The feet, when raised, should feel as if they are supported against a wall (dorsiflexion of the feet).

Rolling the body down and up is an exercise of pure connection.

## One Leg Circle

In this exercise, we will work on the stability and strengthening of our deep anterior line (the powerhouse) that runs from the feet to the head. Activating our supporting strength.

Watch



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## Rolling like a ball

It's a movement that seeks balance, stability, activation of the core, and it's more like child's play.

The fixed part of this movement is the whole body.

The movement occurs through this stability. The body stabilizes through opposing forces that will activate and balance the entire body, and the magic of the movement happens.

[Watch](#)

## The One Leg Stretch

[Watch](#)

Another stability movement, rhythm, with flowing strength full of coordination.

The body is entirely connected through activations of arms, legs, and trunk (remembering that it's not just abdominal strength).

It's with an integrated and connected body that we seek the activation of the core.



## The Double Leg Stretch

It's a movement of expansion and contraction, allowing our body to move internal fluids while providing strength, energy, flexibility, stability, and coordination.

[Watch](#)



## Single straight leg stretch

From this exercise onwards, we will have a sequence of 3 exercises created by Romana Kryzanowska, an incredible woman who took classes with Joseph H. Pilates himself and continued the study and spread of the method.

### Watch

Move your legs like scissors, controlling the descent of the leg and keeping the leg you pull elongated without lifting the glute off the ground.

## The double straight leg stretch

### Watch

O Double Straight Leg Stretch é the fourth abdominal exercise out of five performed sequentially in the Classical Pilates MAT series (this exercise was also introduced into Joseph H. Pilates' repertoire by Romana). This is one of the movements that most challenges your "power house" because the legs remain stretched throughout.

It's essential to focus on the center of strength and respect each body's limits (keeping the legs supported on the wall, support under the sacroiliac region, with the legs in a diamond or straight position). You should feel the work in the abdominal region, never discomfort in the lower back.

The support of the hands behind the head is also crucial. Your hands won't push your head forward; they will provide support for your head, which will be slightly exerting opposing force. This small force will further connect your arms to the trunk and consequently activate your "power house" more.

## Criss Cross

This alternating position of twisting and extension engages the obliques and rectus abdominis, providing an intense workout for the "power house". It's important to maintain precision in movements, alternating between sides with control and keeping the breath fluid to ensure effective and safe execution.

### Watch



## The Spine Stretch

In this way, you need to keep in mind that we will always roll the spine forward and over (as if there were a bar near our belly and we will think about passing through it without touching).

Watch



## Rocker with Open Legs

Very similar to the rolling back (rolling like a ball).

However, a greater challenge because the legs are open, requiring more activation of the core through the rounding of the spine in addition to all the connections seen before.

Another difference is that we don't end up with a fully rounded spine from the head; in this movement, we already begin to try to open the chest while maintaining the rounding only in the lower part of the spine.

We start an opening, just like babies also begin movements in flexion and gradually progress to extensions, rotations, and inclinations.



Watch

## The CorkScrew

Another movement that is the evolution of previous ones like 'single leg circle', but now we think about both legs performing this movement.

In the corkscrew, there will be 8 points of fixation instead of 9 like in the 'single leg circle' because we lift the other leg as well.

And also the 'roll over', rolling backward now with the challenge of performing the circles.



Watch



## The Saw

To better perform this exercise, we need to activate the same connections as in 'the spine stretch forward' when we think about sitting while maintaining the rounding of the spine or 'C-curve'.

[Watch](#)



A movement that seems simple, but requires a strong connection of the arms to the floor to activate the core and a lot of awareness of the pelvis connecting to the legs. The legs will perform rhythmic movements, while the pelvis and spine will remain stable, maintaining internal spaces. Another trunk extension movement. An exercise that requires activation of the whole body to avoid overloading the lumbar region.

## The One Double Leg Kick

[Watch](#)

## The swan dive

[Watch](#)

A movement that seeks expansion, coordination, strength, and flexibility, it's another shaking of the body in search of circulation of bodily fluids.

Every movement in the method seeks to gain internal space through expansion.

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## The Side Kick

The feet and legs create these kicking movements to challenge the core while demanding strength and flexibility from our lateral body lines. Elbows push the ground, reaching towards the sky, while legs move expansively.

**Watch**



## Teaser

All previous exercises prepare us to maintain the body in this position. The challenge becomes even greater when holding the position and moving the legs and arms up and down while keeping the torso and legs off the ground.

It's necessary to connect the arms and legs to the trunk through awareness and activation of the scapulae, latissimus dorsi, and legs via the pelvis movement in a "c-curve," activating our "Power house."

**Watch**

## The Seal

**Watch**

The "seal" is a movement that involves balance, coordination through foot beats, and a lot of integrated activation and control. As a foundation, we have the rolling like a ball and open leg rocker, which help us develop the necessary control and activation to achieve this movement.



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to keep you moving*

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