

Fitness Hits the Floor: Steal These Pilates Mat Moves

Three classic Pilates moves with a fitness twist...

META TITLE

Pilates exercises that give you a full body workout on the floor

META DESCRIPTION

Some of the best total body exercises are done on a mat using Pilates and yoga techniques. Get in shape and feel better with moves that were made for getting a better body from the floor up.

With so many ways to exercise, who knew you could get so much fitness down on the floor? Grab a mat and you're good to go with these multi-muscle moves that tone your legs, sculpt your arms, strengthen your back, and shrink your waist.

1) Swimming

Targets: Legs, butt, back, shoulders

Recommended Reps: 40 counts

Position: Prone-Lying

- Lie face down with arms straight out on floor in front, legs straight behind you and slightly apart.
- Lift your right arm and left leg off the floor at the same time.
- Switch to your other arm and leg continuously like you are swimming
- Keep your chest and knees off the floor when moving your arms and legs
- Make sure to keep shoulders relaxed and back of your neck long.
- Both arms and legs move vigorously while breathing deeply in and out over 40 counts.

(PHOTOS): Prone Lying, mat

1. Model holds arms straight on floor in front of head, legs straight behind, slightly apart
2. Model holds right arm and left leg off floor
3. Model holds left arm and right leg off floor
4. Model has arms and legs off the floor throughout the moves: side view

2) Side-Over Dips

Targets: Upper body, abs

Recommended Reps: 20x each side

Position: Sitting, legs to the side

- Sit with your knees bent and stacked to the left side.
- Place your left hand on the floor in front of your shoulder.
- Wrap your right arm around your waist and look towards your legs.

- Bend left arm and side bend toward the floor, taking your right shoulder toward the floor.
- Bring your body back up to start position by pressing into your left hand and straightening your left arm.
- Keep your eye line up and out to the side.
- Repeat 20x each side

(PHOTOS): Sitting side, Mat

1. Model, knees bent to left side; straight left arm on floor, right arm wraps around waist
2. Model holds bent elbow, side over position near floor
3. Model holds straight arm and upright start position

3) Rolling Like a Ball

Targets: Abs, core

Recommended Reps: 2x 20

Position: Sitting

- Sit with your knees tucked toward your chest, feet in the air
- Tuck your tailbone underneath you by, rounding your lower back, pulling your abs in until you feel your body form a “C” shape.
- Breathe in and as you exhale, roll backwards in a ball, holding your legs together until your shoulders touch the mat.
- Immediately roll back up into “C” shape starting position to balance, keeping feet off the floor. Keep shoulders relaxed.
- Repeat 20x
- Make sure that you roll in a straight line on your mat, holding your legs up at the end of every roll up.
- Increase the challenge by holding your shins with crossed arms, feet off the floor.

(PHOTOS): Sitting, mat

1. Model holds feet off floor- C-curve start
2. Model holds roll back position on, mat head not quite touching
3. Model holds C- curve again
4. More difficult: Model holds arms across legs