بيلاتيس

Pilates
Standing on your feet. Your feet are pushing the floor. Your belly swallowed, shoulders far from your ears, tilt your pelvis, legs are standing at the same wideness as your hips. Breathe in deeply from your nose, breathe out noisily from the mouth. Rise up your arms when breathing in, and let them down when breathing out. 8 times.

Arm movements. Stretch out your arms on the sides, your hands toward the ceiling, your shoulders far from your ears, your belly swallowed, make little circles with your arms slowly, clockwise and then reverse 10 times each. Rise your arms towards the ceiling and bend your elbows, join your hands behind your neck, raise them up and down, if you can do it holding a plastic bottle full of water it will be harder but more efficient.
The belly: lie down with your back on the mat; raise your legs on the table position. Your arms are lying on your two sides, shoulders are far from your ears, when breathing out raise your head first and look toward your belly, rise as much as you can, until the edge of your shoulder blades, and lie down back. 8 times.

Bending down. When breathing out, bend down first the head and then your vertebra bones one by one, until you try to get your hands touching the ground. When rising up, breathe out and raise your vertebra bones one by one, and you head at the end. Do this 5 times, each time your hands should get closer to the floor. After that, stand bended and make rounds with your arms open, shake slowly your head up and down, then right to left. Then rise upright little by little while you breathe out, finish up rising with the head.
Raise your legs at 90 degrees, keep them straight, don’t bend your knees, and raise your body as in number 4 until the edge of your shoulder blades. Your chin toward the chest, your eyes toward the belly, try to reach your feet with your hands. 8 times

As in number 4, your legs in table position, raise your upper body until the edge of your shoulder blades, keep your chin toward your chest, stretch your arms parallel to your body and beat your arms up and down. 10 times.

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ارفعي قدميك ٩٠ درجة نحو الاعلى ليكونا بوضع مستقيم . لا تقومي بتحني الركبتين . ارفعي جسدك كما في النقطة ٤ الى حد نهاية عظم الكتف . الحنك مقابل الصدر والعين مقابل البطن . حاولي الوصول الى الرجلين . ٨ مرات .

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كما في النقطة ٤ . ضعفي قدميك في وضعية الطاولة . ارفعي الطرف الأعلى من الجسم الى نهاية عظم الكتف . الحنك أمام الصدر . قومي بمد اليدين بشكل يوازي الجسم ومن ثم تحريكهما نحو الاعلي والاسفل . ٨ مرات .
Criss Cross. Lie on your back. Raise your right leg at 90 degrees and your left leg parallel to the floor, raise your upper body like in number 4, put your hands behind your neck and reach your right leg with your left elbow, and then change legs, raise your left leg and reach your left leg with your right elbow. 8 times each side.

Lie on your back, raise your legs to 90 degrees, very straight, don’t bend your knees, start making little circles with your legs without moving your hips, keep your belly swallowed, don’t forget to breathe. 10 times one direction 10 times opposite direction.
Lie on your left side. Put your arm under your head. The body should be very straight, your belly swallowed, leave a little space between the floor and your waist, keep your hips straight. Raise your right leg up and down 8 times. Then keep your right leg up at the level of your hip, raise your left leg and touch your right leg that remains still 8 times. Now join your two legs and raise them together up and down 8 times. Lie on your right side and do the movements as in number 9, 8 times each.

Now bend your right knee towards your chest, lift your right leg up and down and keep it as straight as possible. Do it 10 times. Then with the same leg make little circles 8 times one way and on the opposite way 10 times. Do the same exercise turned to your right side.
Lie now on your stomach. Keep your belly swallowed. Stretch your arms in front and your legs as if someone is pulling you from your arms and legs in opposite directions. Raise your left arm and your right leg, then your right arm and your left leg, start beating 10 times.

Lie on your stomach. Keep your belly swallowed, your hands under your chin, open your legs, join your heels and lift your legs as much as you can, don't forget to breath. 8 times.

Rest: Lie on your back, put your arms where you feel them most comfortable, open your legs. Keep your shoulders far from your ears. Breathe slowly; try to relax every inch of your muscles.
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