



TOP FOUR FAVOURITE

# Booty Burners

VIVA LIFE PILATES & FITNESS

# Bridging



## EXERCISE

Lie on your back with your knees bent and feet flat on the floor. Curl your tailbone under and slowly peel your spine off the mat, lifting your hips all the way up until you have a straight line from your shoulders, hips and knees.

Breathe in and hold the position, focusing on the length in your spine and hip raised.

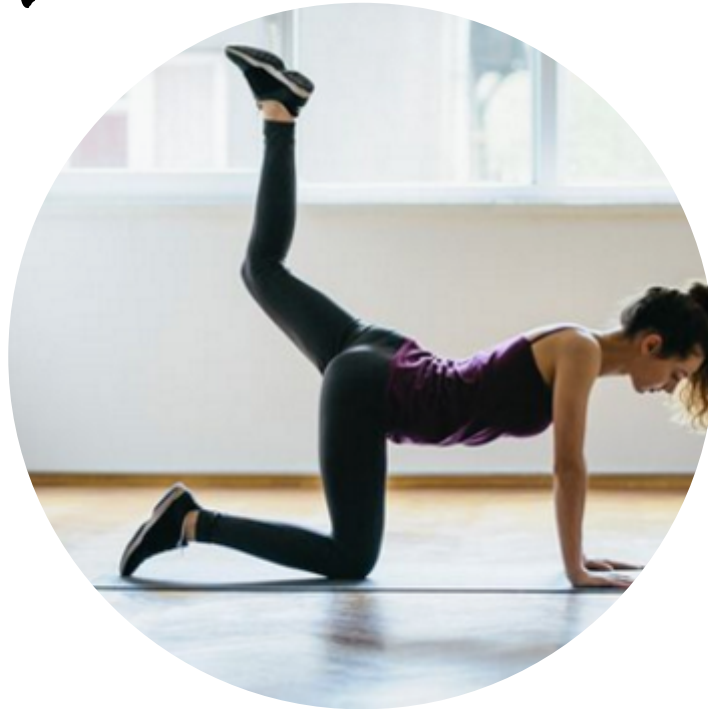
Breathe out as you roll the spine back down, wheeling each bone down in turn.

Repeat 10 times.

## PROGRESSION OPTIONS

- Raise one leg to ceiling
- Add a Pilates circle between your knees and squeeze
- Raise your hands towards the ceiling
- Tie a Theraband around your knees

# Hip Extension



## EXERCISE

Start in a 4-point kneeling position (hands and knees on the ground) with your shoulders above your wrists and your hips above your knees. Engage your core!

Maintaining a 90 degree bend in your knee, raise your leg up at the hip joint.

Bring your leg back in without letting it touch the ground and then repeat on the left side.

Perform 20 reps on each side

## PROGRESSION OPTIONS

- Angle your right knee out to the side and then proceed to press your leg out to the side. Try not to let your left hip fall to the side.
- Add a chi ball behind the back of the knee

# Glamshells



## EXERCISE

Lie on your side with your knees bent and your feet together. Stretch your bottom arm out behind your head and rest your head onto your arm.

Lift your top knee up, while keeping your heels together on the ground and hips stacked.

Lower your knee back down and repeat.

## PROGRESSION OPTIONS

- Tie a Theraband around your knees

# Oysters



## EXERCISE

Lie on your side with your hips and knees at a 90-degree angle. Stretch your bottom arm out behind your head and rest your head onto your arm.

Lift your top leg up, keeping it in the bent position.

Lower your leg back down and repeat

Perform 20 reps on each side

## PROGRESSION OPTIONS

- Tie a Theraband around your knees



## VIVA LIFE PILATES & FITNESS

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