

AGRISAFE PILATES

BEGINNING BASIC INSTRUCTIONS

These exercises are designed to improve balance, core strength and flexibility. At all times, the core is engaged with the rib cage drawn together and the navel pulled towards the spine. Remember to breathe with each exercise focusing on exhaling on the exertion and drawing the navel even deeper into the spine. All exercises can be repeated 8-12 times.



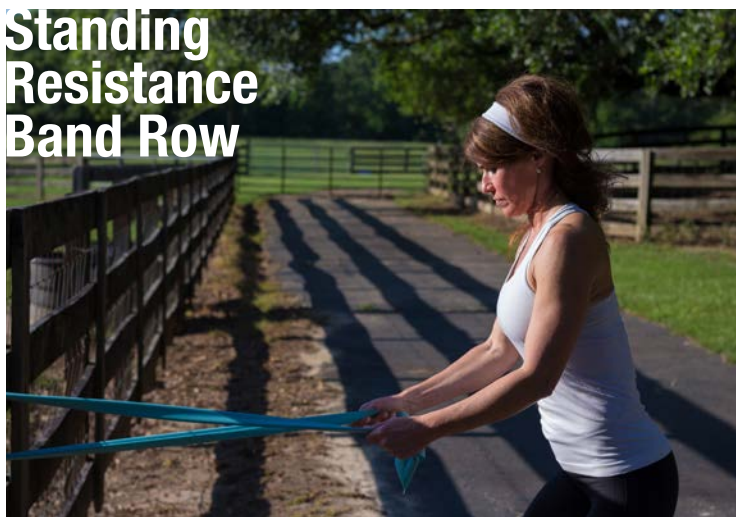
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*Back *Shoulders*Core

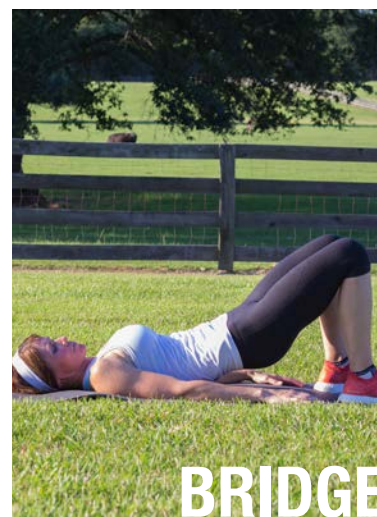
Anchor resistance band to a stable post about waist height. (Handheld weights can be substituted.) Soften the knees, brace the core and extend arms forward and eliminate any slack in the band. Keeping the shoulders relaxed, pull elbows back squeezing the shoulder blades together. Spine remains in the neutral position.

Standing Resistance Band Row



*Hamstrings *Glutes*Hips

Lay on the back with hands by the side. Bend knees and parallel feet no more than hip distance apart. Lift the hips and squeeze through the glutes. Avoid arching the back or allowing the knees to turn in or out.



BRIDGE

*Back *Abdominals *Hips*Legs*Glutes

Begin on the hands and knees and engage abdominals to find a neutral spine position. Without moving the center of the body, extend the right arm and left leg squeezing through the glutes and hips. Repeat on the other side.



TABLETOP EXTENSION

Shoulders Chest *Upper Back

Find a stable surface such as wall or round hay bale, and place hands shoulder width apart. Move feet away 3-4 ft and lower chest towards the surface and then push up. Body should remain in a straight line. Add a challenge by lifting one foot at a time.



STANDING PUSH UPS

*Obliques *Back* Shoulders

Stand with knees soft, feet hip distance apart. Raise resistance band directly over shoulders. Maintain the distance between the hands and bend towards the right. Gently pull down with the right arm then return to shoulder width and stand back up. Repeat on the left side. Avoid any twisting in the hips or spine.



SIDE BEND WITH RESISTANCE BAND

Legs Glutes*Hips

Begin standing with knees slightly wider than hip width. Holding onto the tractor, lower hips and keep chest lifted. Return to standing position squeezing the hips at the top.



TRACTOR SQUAT

*Abdominals *Shoulders*Back

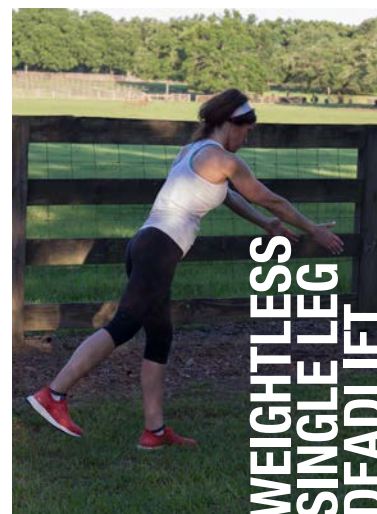
Begin in plank position with hands directly under the shoulders feet no wider than the hips. Draw the right knee into the chest and then the left. Spine should remain in neutral position with the neck extending straight out of the spine. The goal is that the hips do not lift or lower throughout the exercise.



MOUNTAIN CLIMBERS

*Hamstrings*Glutes *Balance*Core

Step the left foot forward and extend arms shoulder height. Keeping a flat back, lower the hands towards the ground without hinging the hips. Once the upper body is parallel to the ground, return to standing position. Repeat on the other side.



WEIGHTLESS SINGLE LEG DEADLIFT

DISCLAIMER OF LIABILITY. Injuries of all types can occur when participating in exercise, physical fitness and training programs, hence AgriSafe strongly encourages you to obtain a comprehensive physical examination by a licensed health professional PRIOR to undertaking any exercise demonstrated on this guide. You fully assume the risk of any resulting injury.



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