

## PILATES AT HOME

### Footwork on the Wall

- Grab any size **ball** (mini-stability ball, swiss ball, or even the kid's kick-ball will work—whatever is available)
  - Find some clear **wall** space
- It won't take much to feel this one!*



#### Focus On:

- Upright posture
- Pull low-belly in
- Engage glutes (squeeze your bottom)

#### SET-UP:

Place ball behind low-back and lean against wall; walk feet away from wall:

- **Bend** knees to approximately 90° then **straighten** knees to stand-up x 10 each foot position
- Lower down half-way and **pulse** up/down x 10 each foot position
- Lower down half-way and **hold** for 10 seconds x 3 each foot position

#### FOOT POSITIONS:

- Heels together/toes apart
- Parallel
- Tip-toes
- Feet wide/rotated out

Watch this video on YouTube: [stabilityatl](https://www.youtube.com/stabilityatl)

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