



## The Hundred

- Begin lying on your back, neutral spine and pelvis, with knees bent up in 'table top' position.
- Inhale to curl up and hold knees.
- Exhale to extend legs away at a 45° angle (or higher), extend arms by your sides.
- Inhale for the count of 5, exhale for the count of 5, whilst pumping the arms.
- Repeat times 10.
- Lower head and bring knees into chest.

### Points to Remember:

- \* Keep the torso square and stable – just the arms move
- \* Stabilise the shoulder blades by drawing the fingertips away
- \* Strong abdominal scoop and imprint the spine
- \* Keep the neck free and your jaw relaxed, imagine you are holding an apricot under your chin
- \* If you have lower back problems keep the knees into the chest rather than extending the legs away straight
- \* Warm up with spine curls/roll downs and knee folds before attempting this exercise

### Beginner version

Keep head down and knees close to chest  
Engage arm movement and concentrate on scooping your abdominals whilst breathing in and out to the count of 5

Please warm up before attempting these exercises.

Please note that these exercises are intended for clients of Core Pilates. Core Pilates cannot be held responsible for any injuries sustained whilst performing any of the exercises detailed on this website.