

Day Nine

Sleigh Ride Strength: Upper Body

- Banded shoulder mobilisation
- Banded chest press
- Band pull-aparts
- Press-ups
- Posture stretch

Day Ten

Joyful Journey: Mindfulness & Flow

- Breathing Focus with mobility (arm circles and spinal roll down) *3 minutes*
- Sun Salutation x 3 *approx. 10 minutes* - Roll down / Plank / Down Dog / Lunge right with rotation / lunge left with rotation / plank / crocodile / baby cobra / child's pose / roll up
- Child's Pose to finish - hold for up to 2 minutes

2025 Mobility Reset

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| • Breathing Practice | • Hamstring release |
| • Arm circle | • Roll down to plank |
| • Chin tuck | • Down dog with foot pedals |
| • Roll down | • Child's pose to cat stretch or
Child's pose to plank |
| • Spinal rotation | • Directional Child's pose |
| • Lateral flexion | • Spinal Roll |
| • Dumbwaiter | • Passive Hip release |
| • Hip rotation | • Knee rotation |
| • Foot pedals | • Cross body stretch |
| • Slow Windmill | • Knee hug |
| • Hip hinge | |



Christmas Survival Kit

with Sam H Pilates

Just 10-15 minutes a day: 1 minute per exercise, 2-3 rounds

Day One

Festive Flow: Full body mobility

- Spinal Roll Down
- Standing side bend
- Spinal rotations
- Hip Rotations
- Cat - Cow / Child's Pose

Day Two

Nutcracker Flexibility: Hamstrings & Shoulders

- Spinal Roll Down
- Hip Hinge
- Posture
- Stretch Thread Needle
- Lying Hamstring Stretch

Day Three

Santa Core Express: Core & Stability

- Bracing & Pelvic Tilts
- Rolling like a ball with single-leg stretch
- V-sit with rotation
- Hover with knee drops
- Cat stretch - Child's Pose

Day Four

Snow Angel Mobility: Spine & Shoulders

- Seated shoulder rolls with deep breathing
- Supine lying arm sweeps
- Seated hip stretch
- Seated butterfly
- Supine Spinal Rolls - knee - hug

Day Five

Holly Jolly Strength: Lower Body

- Foot Pedals
- Calf raises
- Sumo Squat with pulse variation
- Glute Bridge
- Spinal rolls - knee hug

Day Six

Twinkle Toes Flexibility: Feet & Ankles

- Standing toe taps
- Toe Scrunch
- Spikey ball roll (feet)
- Seated point & flex
- Foot Stretch

Day Seven

Reindeer Core Strength: Obliques & Stability

- Lying knee rotation
- Curl up and reach
- Side Plank or Side lying leg lift
- Pilates 100
- Lying Spinal Roll

Day Eight

Christmas Calm: Mindful stretch & relaxation

- Supine breathing focus
- Spinal Rolls
- Knee rotation
- Swan stretch
- Cat stretch / child's pose