

## Pilates Mat Exercises for Biathlon:

Warm Up: Jog 5 min.



One Hundred (5 x 5)



Roll Ups (5)



Leg circles (5 x 2)



Rolling like a ball (5)



Single leg stretch (5 x 2)



Double leg stretch (5)



Straight leg stretch (2 x 5)



Double straight lift (5)



Crisscross (2 x 5)



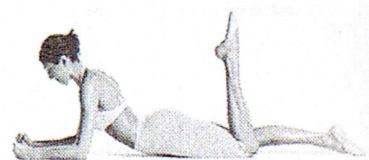
Spine stretch (5)



Saw (2 x 5)



Swan (5)



Single Leg Kicks (2 x 5)



Double leg kicks (2 x 5)



Tricep pushups (5)

As recommended by Mary Craig, Certified Pilates instructor (1988). Mary, who was trained by Romana Kryzanowska, instructs at the Canadian Pilates Institute, Vancouver, BC.

# Pilates Exercises:

## Core Strength and Co-ordination for Biathlon

### Introductory Matwork      Repetitions

Breathing  
Preparation for the Hundred  
The Hundred \_\_\_\_\_ 100 (10 sets)  
Roll Up \_\_\_\_\_ 5-8  
Leg Circles \_\_\_\_\_ 5 each direction  
Rolling Like a Ball \_\_\_\_\_ 5-10

#### Stomach Series

Single Leg Stretch \_\_\_\_\_ 5-10  
Double Leg Stretch \_\_\_\_\_ 5-10  
Single Straight Leg Stretch \_\_\_\_\_ 5-10  
Criss Cross \_\_\_\_\_ 5-10  
  
Spine Stretch Forward \_\_\_\_\_ 5  
Prep for Open Leg Rocker \_\_\_\_\_ 5-8  
Corkscrew \_\_\_\_\_ 4-6  
Saw \_\_\_\_\_ 4 sets (right & left as 1 set)

Swan (*modified*) \_\_\_\_\_ 3-5  
Single Leg Kick \_\_\_\_\_ 5-8 each  
Double Leg Kick \_\_\_\_\_ 3

Shoulder Bridge \_\_\_\_\_ 3

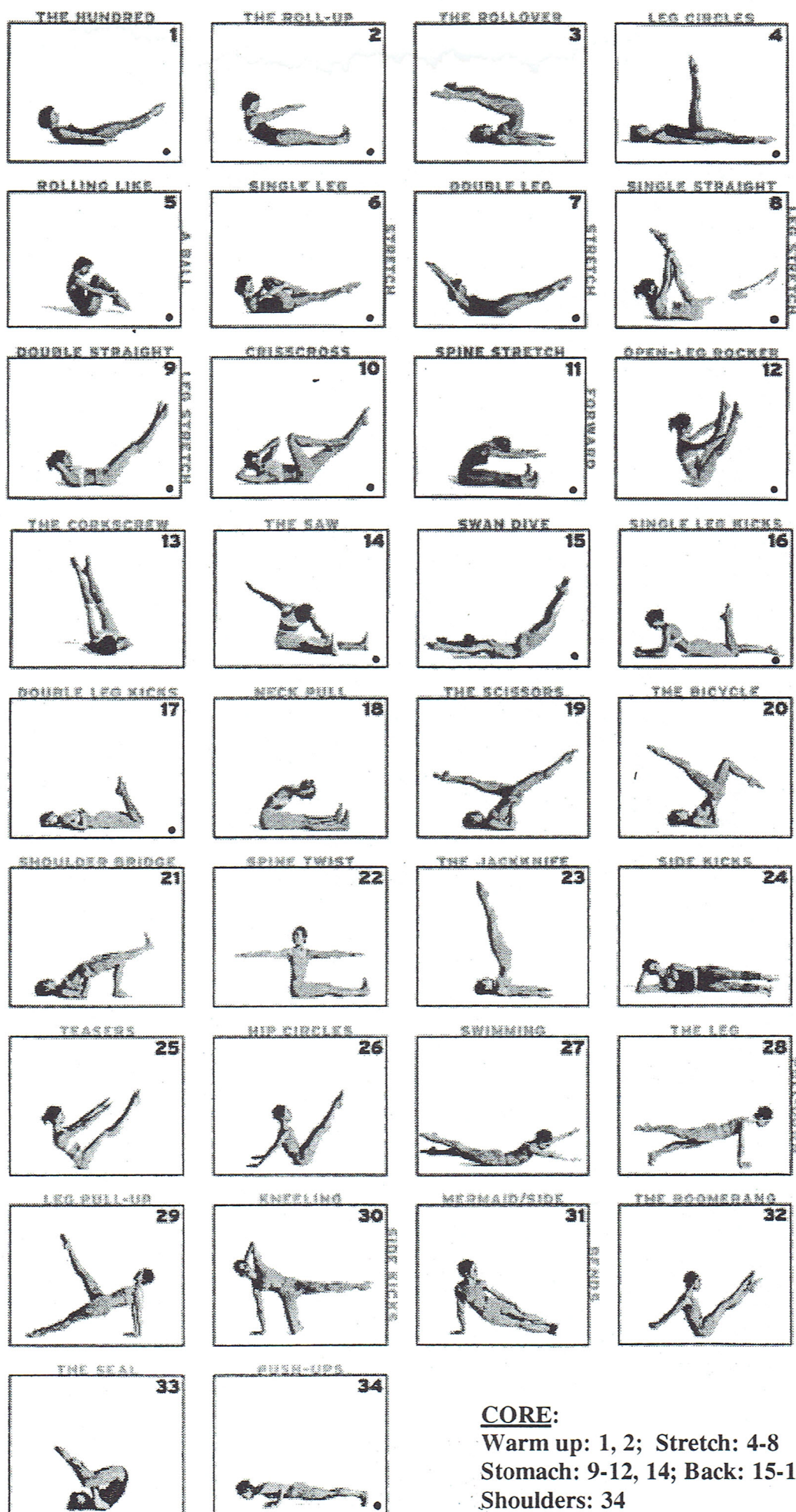
#### Side Kick Series

Front & Back \_\_\_\_\_ 5-10  
Up & down \_\_\_\_\_ 3-5  
Hot Potato \_\_\_\_\_ 4-2-1  
Bicycle \_\_\_\_\_ 3-5

Preparation for Seal \_\_\_\_\_ 3-5

Roll up to Standing Finish  
Wall— Rolling up and down

Mary Craig is certified in the original Pilates Method, and has been teaching Pilates since 1988. Mary received her formal training from master teacher Romana Kryzanowska. Mary teaches private and semi-private sessions and can be reached at 324-9577. She also teaches at the Canadian Pilates Institute in downtown Vancouver.



**CORE:**

Warm up: 1, 2; Stretch: 4-8

Stomach: 9-12, 14; Back: 15-17;

Shoulders: 34