Lazy girl Pilates

10 low-effort moves for the floor or the couch

Firm surface · 30 s or the reps shown · 1 round ≈ 10 min (our suggestion)

floor · couch · bed · bends the spine: osteoporosis? ask a PT

1 Glute bridge



30 s

2 Bridge marches



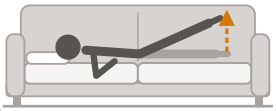
30 s

3 Tabletop curl



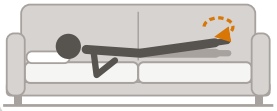
30 s

4 Side-lying lift and lower



10 / side

5 Side-lying leg circles



10 each way

6 Clam



10 / side

7 Frog



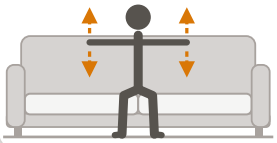
10

8 Seated marches



2 × 15–20

9 Seated arm pulses



2 × 15–20

10 Figure-four stretch



1 min / side

Keep it easy, not sloppy · abs engaged, low back not arched (Mansour)

Cushion sinks? Do the same moves on the floor. Stop if anything hurts (Cleveland Clinic).

Pregnant? Favor the side-lying and seated moves (4–6, 8, 9) and ask your ob-gyn (ACOG).

Want more? De Winter does 30 s per move for 3 rounds.

Moves: Chloe de Winter via Well+Good (1, 2, 3, 10), Stephanie Mansour on TODAY and CNN (4–7), Vicky Justiz on TODAY (8, 9).