

Standing Pilates

10 moves, no floor work

Keep a sturdy chair, counter or wall nearby (Cleveland Clinic).

 = hold on if you need it while you learn the balance.



1 Standing roll down

Curl down one vertebra at a time, soft knees

3–5 reps



2 Standing footwork 

Knees bent 45°, heels up, straighten, lower slowly

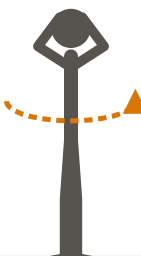
Up to 10



3 Marching 

Lift one knee without shrinking; stand tall

10–20 times



4 Standing rotation 

Hands behind the head, hips still, turn side to side

Up to 10, alt.



5 Standing side bend

Hand on the pelvis, other arm reaches over

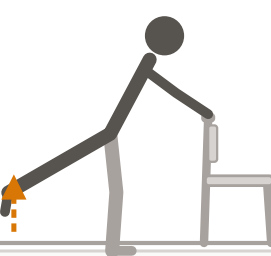
6 / side*



6 Standing side leg lift 

Leg out to the side, lift and lower

6 / side



7 Back leg raise 

Lean into the front leg, lift the back leg

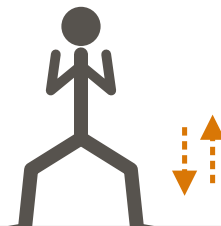
6 / side



8 Standing clam 

Hip 45°, knee 90°; turn the knee out, pelvis still

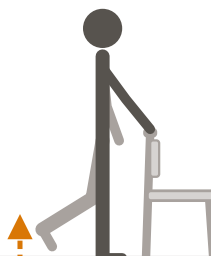
Up to 10 / side



9 Plié squat, finish on toes

Wide, toes out; bend as the arms come up in front

6; toes on the 6th



10 Single-leg stand 

Lift one foot slightly, then try letting go

Up to 30 s x 3 / side

Start small

* Our suggestion: one round of 6 per move, then build to 10 or a second round.

Low bone density? BHOF advises avoiding forward bends and extreme twisting: skip move 1, keep move 4 small.

Moves: goPhysio (1, 2, 4 reps, 5, 8), Lesley Logan (3), Rachel Lawrence via Woman & Home (4, 6, 7, 9), Nico Gonzalez via Fit&Well (10).