



Video Transcript

Mommy Pilates: Revitalize Your Core

Hello, Mama. How are you? Congratulations. Are you very tired? Welcome to Motherhead. Isn't it amazing? It's so amazing. It is. There are amazing moments.

There are really sleepy moments. There are moments after you have a kid, like you're like, look down at your body. Like, I don't know what just happened. But guess what? We will put it all back together again in an elevated version.

So never forget, you were a birth queen and I, Rachel, and we're going to put it all back together together. Okay. So let's go ahead and start first with a high C curve. Okay? So I want you to flex your feet, sit up really tall, hold onto your thighs, drop your shoulders. You're going to round their spine like a capital C. Exhale.

Inhale, up. Okay? So as you're doing this, you're thinking about drawing your pelvic floor in it up. Yes. And bringing your transverse abdominals together and inhale, come up. We have four more. Exhale, round your spine. Engage your core, pelvic floor.

Inhale, step. Again, exhale, round round real.

Inhale, come up. Two more gorgeous. Exhale, round your spine.

Beautiful.

Last one, you're going to hold for a breath or two.

Exhale, round your spine. Okay, Hug those abs in as tight as you can. Tuck your tailbone for five, four, three, two, one,

come all the way down onto your mat. So we're going to start with single leg circles. Ground with your left leg, extend your right leg. I don't want your pelvis to move. So keep locked and loaded in your transverse abdominals and in your pelvic floor. nice strong legs circle in down and around you have five exhale four

exhale three exhale two and one as you do this lengthen out of your hip yes so
 out down and around for five four feel the abs meeting at the line three circling
 two and one fantastic gonna do the other side extend the leg circle in down around
 five four feel that pelvic floor working three two lengthen the leg one pause
 regroup abs meet at the midline out, down and around five. Four,
 don't let that standing leg move. Three, push the foot into the earth. Two,
 total body working to support this movement. Amazing. Both legs come up. We go five
 in either direction. So you circle, double leg circles. I do not care how big these
 circles are. I care that they're beautiful, tight and controlled. The effort is
 coming from your core the entire time. Squeeze the inner thighs together.
 Hug yourself. We have five in the other direction. Ha, lengthen your legs.
 We go out, down and around one. Out, down and around two.
 Abs meeting in and up at that midline three and who four one more five good hug
 your knees into your chest let's play at the feet flat on the floor for a bridge
 you press up and down okay drive through your heels drive through your big toes
 feel both glutes activate as you press your pelvis up tuck and lift tuck and lift
 you have five four three two pulse up two three four five six seven eight nine ten
 just hold there tuck your tailbone feel your abs meet at the midline like actually
 push all of the abdominals back together remind them where they belong lower your
 hips knees come together Okay, find that interim rotation. Glue the inner thighs
 together. Lift, tap, 10, 9, 8, 7, 6,
 5, 4, 3, 2, 1, pulse up.
 2, 3, 4, 6, 7, 8, 9, 10,
 full range, 10 more. 9, 8, 7, six, five,
 four, three, two, pulse it up. Two, three, four, five,
 six, seven, eight, nine, ten, amazing. Open your legs like a book,
 soles of the feet touch, tuck your tailbone, hover your hips, press your thighs out
 for ten, nine, eight, seven, don't let your back arch, Don't let your booty hang.
 You have five, four, three, two, one. Hold, tuck your tailbone,
 pulse it up. Two, three, four, five, six,
 seven, eight, nine, ten. Again, out for ten, nine, eight,
 seven, six, five, four. You got it, three, two, final ten,
 tuck it, lift it, 10, 9, 8, 7, 6, 5,
 4, 3, 2, 1, and done. Hug your knees into your chest,
 rock and roll, up to a seated position. You're going to flex your feet, separate
 your feet about hip width distance, okay? I want you to ignite the muscles so much
 that the feet float off the floor. Reach forward for a spinal stretch forward.
 We exhale, hug our abs in.
 Inhale, stack the spine.
 Exhale.
 Inhale, again,
 exhale,
 and how gorgeous. This is all

about stretching the exterior chain by activating your core muscles. Three more. Exhale, reach. Hug belly button back to the spine. Inhale, stack. Last two. Reach, reach, reach. Inhale, stack. One more. Hug the abdominals in and open your legs. Yes, so we're going to reach and soft. See you rotate, reach, reach, inhale, exhale, reach, reach. See if you can reach past your pinky toe. Make sure that both sit bones stay grounded the entire time. Two more on either side. Saw, saw, rotate, reach, Reach. One more on either side. Amazing. Let's come into a side plank. Drop down to your form. You're to reach up. Yes. Pulse it up for 10. Nine, eight, seven. Hug your abs in for five, four, three, two, lift up hold. Tuck your tailbone, holding, holding. Last eight, seven, six, five. We're going to make this transition beautiful. God is worthy. Yes, both forearms are going to come down on some of that. Separate your feet, hip width distance. You're going to pull your elbows to your knees, your knees to your elbows, round your spine, lift belly away from earth. Inhale, lengthen again. Exhale, draw belly button up, tuck tailbone, round spine. Inhale, two more, you got this. Exhale, tuck round, hug abs in and up. Think about your pelvic floor. Here we go, tuck round, hold, press to the forms, pull your knees to elbows, elbows to knees, holding eight, holding seven, six, five, keep thinking about your abdominals like door is closing closing pelvic floor lifting lifting other side here we go swing your shins behind you pulse 10 9 8 7 6 5 4 3 2 holding holding 10 9 8 7 7 6 5 4 3 Three, two, last little core activation, flex your feet, tabletop, knee taps. Hug your abs in, neutralize your pelvis, hover, and engage. Last eight, seven, six, five, four, three, two, cat cow, round your spine. And I'll gaze up. exhale round one more inhale gaze up exhale have a seat on your mat thank you so much for carving out time for you and doing it with me you're doing an amazing job keep coming back to it remember to always engage your pelvic floor your transverse of abdominals and to breathe deep mama you got this see you next time. Bye.