

PILATES STRONG

Your Free Companion Guide

Classic Principles • Functional Strength • Intentional Movement

WELCOME

If you've found your way here through the **Pilates Strong free class**, this guide is designed to help you get more from your practice.

Pilates has always been about more than movement.

At its foundation, Pilates develops awareness, control, strength, coordination, mobility, and connection. In **Pilates Strong**, we build on those principles with intentional resistance to create a modern approach to strength training that still feels mindful and sustainable.

Inside this guide you'll find a few simple tools to support your movement practice—without overcomplicating it.

This is not about doing more.

It's about moving with more intention.

SECTION 1

THE 5 PILATES STRONG PRINCIPLES

Core Initiates

Strength starts from your centre—not your limbs.

Ask:

Can I create support before I move?

Quality Over Quantity

More repetitions don't always mean better results.

Ask:

Can I move with precision instead of speed?

Resistance Creates Feedback

Weights are not there to make movement harder—they provide information and build awareness.

Ask:

Can I stay connected as challenge increases?

Strength + Mobility Work Together

Mobility without support can feel unstable. Strength without mobility can feel restrictive.

Ask:

Can I create both?

Recovery Builds Progress

Rest is part of training.

Ask:

What support does my body need today?

SECTION 2

CHOOSING YOUR WEIGHTS

There is no perfect weight.

Choose a load that allows you to:

- ✓ Maintain breath
- ✓ Keep alignment
- ✓ Move with control
- ✓ Finish feeling challenged—not depleted

General starting ideas:

Light → Introduces resistance and builds awareness

Moderate → Builds endurance and strength

Heavier → Creates challenge while maintaining precision

Your best guide:

If your movement quality changes before your muscles feel challenged, go lighter.

SECTION 3

10-MINUTE CORE RESET

Try this sequence between workouts or whenever your body feels disconnected.

- 60 sec – Diaphragmatic breathing
- 60 sec – Pelvic tilts
- 60 sec – Dead bug variation
- 60 sec – Glute bridge
- 60 sec – Side lying leg series (right)
- 60 sec – Side lying leg series (left)
- 60 sec – Bird dog
- 60 sec – Supported roll down
- 60 sec – Child's pose
- 60 sec – Rest

Notice:

Where do you feel support?

Where are you working harder than needed?

SECTION 4

YOUR PILATES STRONG REFLECTION TRACKER

After each practice reflect:

Movement felt:

- ☐ Strong
- ☐ Supported
- ☐ Challenging
- ☐ Energising
- ☐ Grounding

Today I noticed...

One thing I want to explore next class...

KEEP GOING

This guide gives you a starting point.

Inside the full **Pilates Strong series**, we take these ideas further—building strength progressively through intentional class sequencing, deeper education, and complete practices designed to support sustainable progress.

CONTINUE YOUR PILATES STRONG PRACTICE

Inside the full **Pilates Strong series**, these principles come alive through progressive, intelligently sequenced classes designed to build strength with clarity—not overwhelm.

Each session layers classical Pilates foundations with functional resistance, helping you develop strength that is sustainable, grounded, and transferable to everyday movement.

If this guide has supported your practice, you'll also find value inside the wider Living Lotus Online library.

Alongside Pilates Strong, you'll discover the **Move Better, Feel Better** series—short, accessible movement resets designed to address the everyday patterns of tension created by sitting, screen time, and repetitive daily movement.

These classes are a reminder that meaningful change doesn't always require more time—just more intention.

Inside **Living Lotus Online**, you're invited to explore a full library of mindful movement practices designed to support sustainable strength, recovery, and nervous system balance.

Whether you're building strength, restoring mobility, or simply finding space in your day, the classes are created to meet you where you are.

For teachers and practitioners interested in deeper exploration, the library also offers inspiration for sequencing, cueing, and creating classes rooted in mindful, functional movement principles.

To access your **teacher discount on monthly membership**, email:
info@livinglotusonline.com

Explore the full collection, stay curious in your movement, and continue building a practice that supports real life—not just the mat.