

Simple 25-Minute Whole-Body Pilates Mat Plan

Gentle floor exercises for ages 60+ • First-time friendly

Important Safety Notes

- Use a **folded towel or small firm pillow** under your head whenever lying on your back. Keep your chin roughly level (not tipped upward).
- Move slowly, especially when changing positions. Roll to your side before sitting up.
- Breathe steadily throughout — never hold your breath.
- Stop immediately if you feel dizzy, short of breath, or any pain. Rest and hydrate.
- Check with your doctor before starting, especially if you experienced dizziness in a previous session.
- Aim for 3–5 sessions per week. Rest days are important.

Session Overview

Section	Time	Focus
1. Warm-up & Breathing	3–4 min	Relaxation & awareness
2. Core & Lower Abs	4–5 min	Stability & control
3. Arms & Upper Body	4 min	Shoulders & arms
4. Legs, Glutes & Side Body	5–6 min	Legs & hips
5. Back & Spine	3–4 min	Mobility
6. Cool-down & Stretch	3–4 min	Recovery
Total	~25 min	Whole body

1. Warm-up & Breathing (3–4 minutes)

- Lie on your back with knees bent, feet flat, and head supported by a folded towel or small pillow.
- Hands on belly: Take 8–10 slow breaths, feeling the belly rise and fall.
- Pelvic tilts: Gently rock the pelvis so the lower back presses lightly into the mat, then release to neutral. Repeat 8–10 times.

2. Core & Lower Abs (4–5 minutes)

- Stay on your back, knees bent, head supported.
- Marching: Keep one foot down and lift the other knee toward the chest, then lower. Switch sides. 8–10 per side. Keep the lower back stable.
- Heel slides: Slide one heel away until the leg is almost straight, then slide back. Switch. 8–10 per side.

3. Arms & Upper Body (4 minutes)

- On your back (head supported) or sitting tall — choose what feels best.

- Arm circles or reaches: Arms by your sides or out to the sides. Make small controlled circles or reach up and lower. 8–10 each direction.
- Optional: Hold light water bottles. Keep shoulders relaxed and movements smooth.

4. Legs, Glutes & Side Body (5–6 minutes)

- Side-lying leg lifts: Lie on one side with head supported on your arm or a pillow. Bottom knee bent for stability. Lift and lower the top leg slowly (keep it long). 8–10 reps, then switch sides.
- Easy bridge: On your back, knees bent, feet flat, head supported. Gently press through the feet and lift the hips a few inches, then lower. 8–10 times. Move slowly.

5. Back & Spine (3–4 minutes)

- Cat-cow on hands and knees (or seated if preferred): Gently round the back (cat), then gently arch (cow). 6–8 slow cycles.
- Or seated spinal twists: Sit tall and gently rotate to each side. 4–6 per side.

6. Cool-down & Stretch (3–4 minutes)

- Knee-to-chest: On your back, head supported, hug one knee gently toward the chest, then the other, then both if comfortable. Hold each 20–30 seconds.
- Gentle supine twist: Knees bent, let them fall slowly to one side, arms open if comfortable. Hold 20–30 seconds each side.
- Finish with a few easy breaths.

Tips for Success

- Focus on smooth, controlled movements rather than speed or large range of motion.
- If anything feels too hard, reduce the number of repetitions or skip the move and rest.
- Keep water nearby and rise slowly at the end of the session.
- After a few sessions, you can add 1–2 more reps or hold positions a little longer if it still feels good.
- Quality of movement matters more than completing every minute. 15–20 minutes of good form is better than forcing 25 minutes.

This plan is designed to be gentle and sustainable. Listen to your body. If dizziness or discomfort returns, stop and consult a healthcare professional before continuing.