

Speaker 1: Mechanical sounds Welcome back for phase two of your Pilates journey. I'm so proud of you for showing up for yourself, and I really hope that you are as excited as I am to put what you've learned so far into action. Keep in mind as we go in the second section that we are going to be adding new exercises. And if you get stuck on something that is totally normal. When you do, I really want you to check out the tips and troubleshooting section on the website, because there are all kinds of tips, for all the questions that I've been asked throughout the years I've been teaching this program, I'm going to go through a couple of things that you might find handy during your workouts. So first of all, you don't need to be on a fancy mat, like, you will see me on this raised mat. Any kind of a mat that just is thick enough to protect your spine from the floor is great. Usually a yoga mat is isn't thick enough, so just keep that in mind. You want might want to add some padding to it. You don't want to have your spine bruised. I'm also going to have a couple of hand towels handy to use as pillows and for other items that is going to be helpful. And I have a yoga block. If you tend to be on the tighter side in your body, having something like a block or a couple of books to sit on for one exercise is going to be helpful, or actually, a few exercises will be helpful in giving you a little bit of help to get your pelvis upright. And then finally, I've got a belt. This is a yoga belt, but really any belt that you could hook over your foot is a great help. And then just for one exercise, it's a tips exercise. A couple of weights or just some water bottles is helpful. It's just a little thing to help you get your weight forward. So we are not using them as a workout tool. It's just for one exercise. So those are all the little tools that you might find handy. A lot of you won't need any of these, but they are nice to have around just so you can explore all the different ways that you can adapt these exercises to your needs. So let's get started. I will see you in class one. Mechanical sounds