Balanced Body Pilates Instructor Training

Pilates Mat 1: Essential Exercises

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Welcome!

Thank you for joining the Balanced Body Pilates Instructor Training Program.

This is the first step on your journey to becoming a confident, competent and inspiring Pilates Teacher.

Let’s take a big breath and dive on in!

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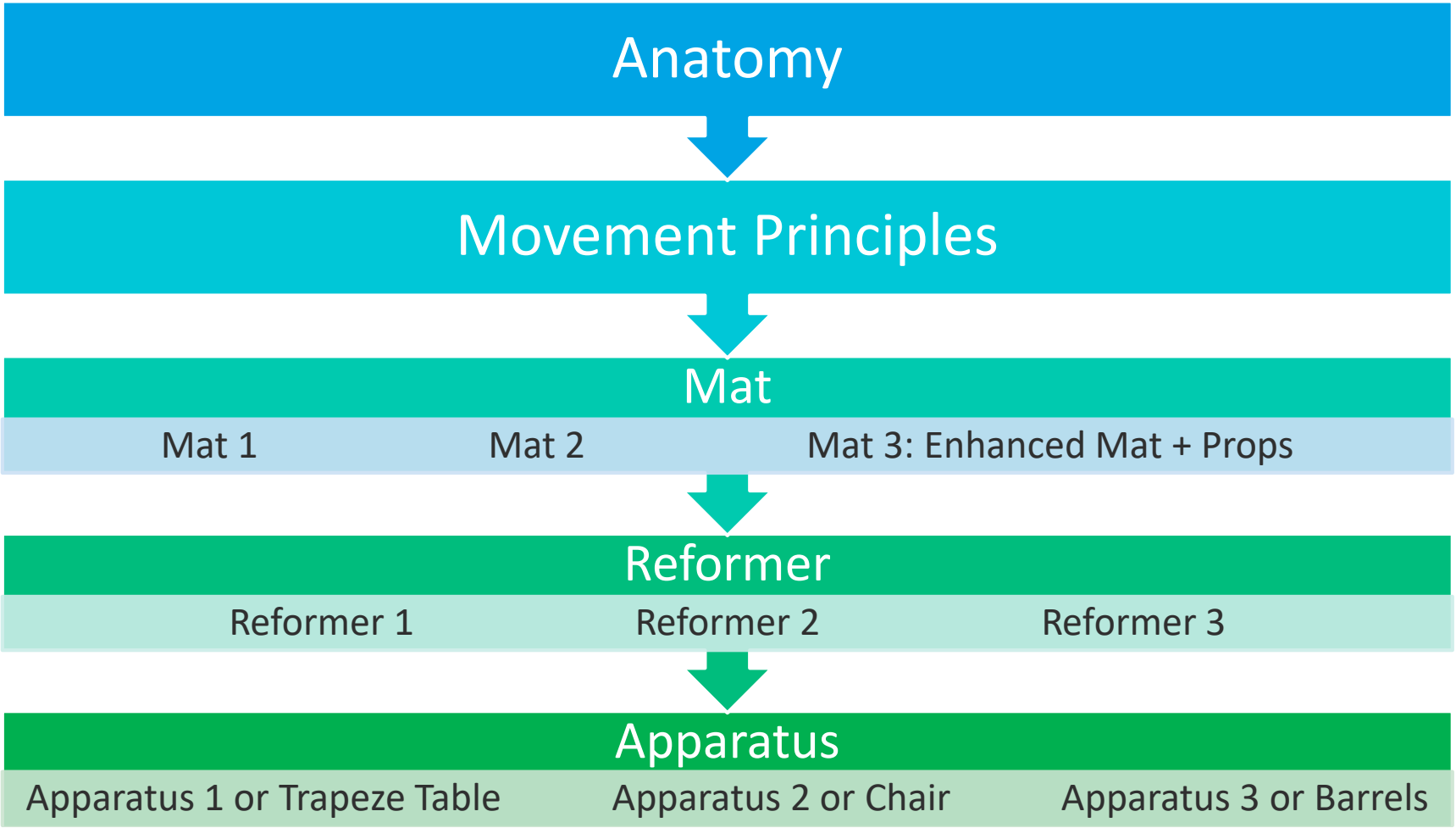
Balanced Body Pilates Instructor Training

Program Organization



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Requirements for Completing Mat

Prerequisites:

10 Pilates Mat Classes required

6 months experience recommended

Complete Movement Principles

Complete Mat Course Work

Mat 1 Mat 2 Mat 3

Complete 20 personal sessions, 15 observation hours and 35 student teaching hours

Take the final exam

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Pilates: The Art and Science of Contrology

"Through Contrology you first purposefully acquire complete control of your own body and then, through proper repetition of its exercises, you gradually and progressively acquire that natural rhythm and coordination associated with all your mental and subconscious activities.

Contrology is designed to give you suppleness, natural grace and skill that will be unmistakably reflected in the way you walk, play and work. You will develop muscular power with corresponding endurance, ability to perform arduous duties, to play strenuous games, to walk, run or travel for long distances without undue body fatigue or mental strain." – Joseph H. Pilates

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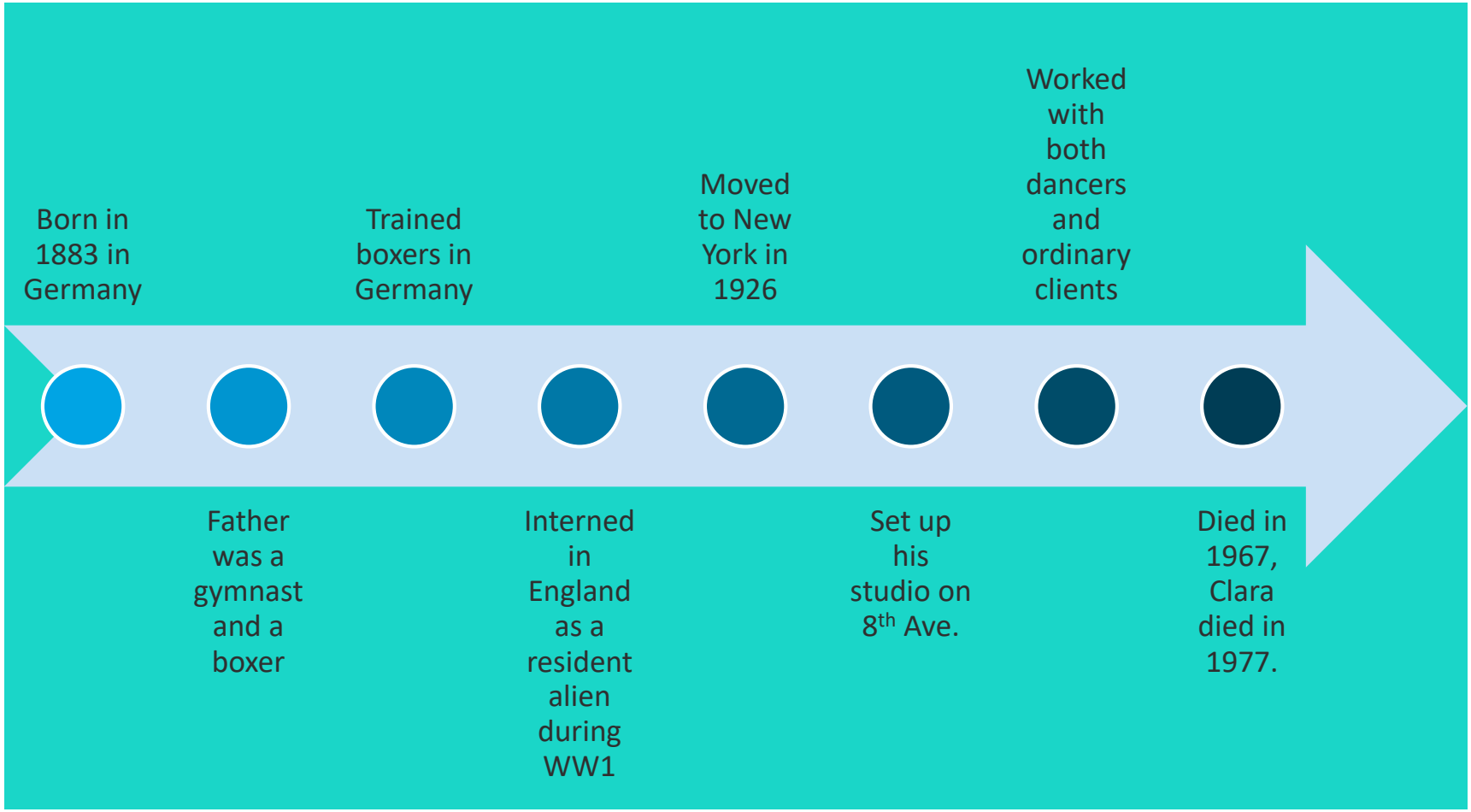
A Brief History of Joseph Pilates



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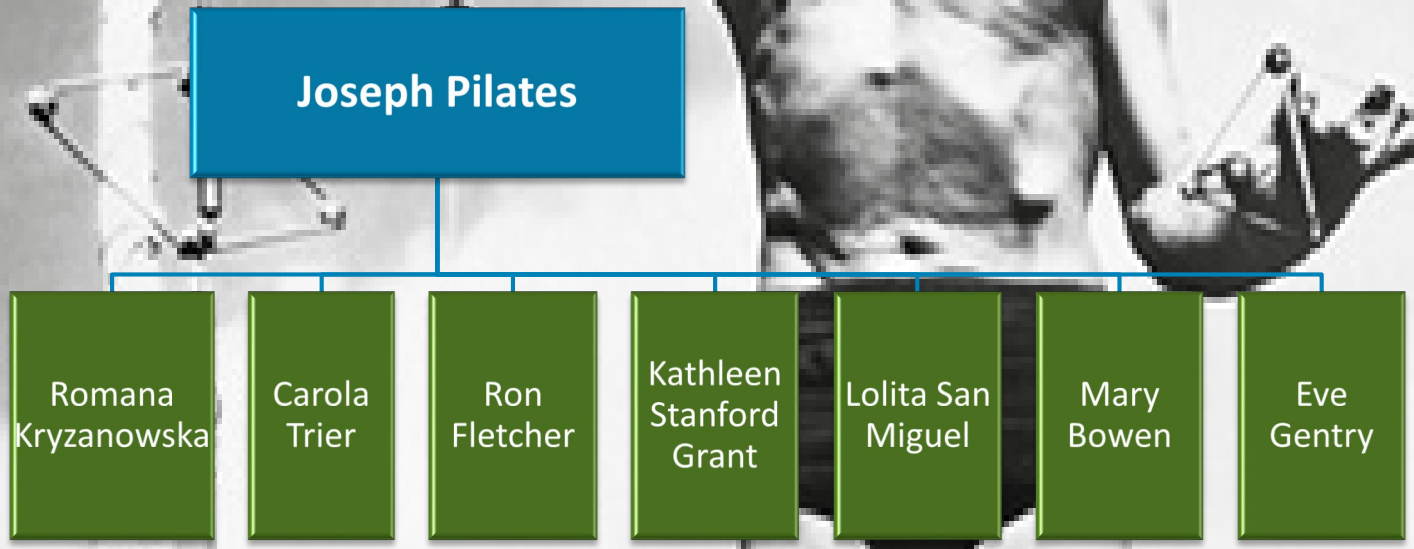
The Pilates Family Tree

All of these teachers studied with Joseph Pilates and taught his work to the next generation. Without their dedication, the Pilates Method would not have survived.



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The Balanced Body Lineage

1st Generation

Ron Fletcher, Eve Gentry, Romana Kryzanowska, Carola Trier, Lolita San Miguel and Kathy Grant

2nd Generation

Michelle Larson, Alan Herdman, Jean Claude West, Marie-Jose Blom, Karen Clippinger and Elizabeth Larkam

The Pilates teachers, physiotherapists, doctors and patients at St. Francis Memorial Hospital Center for Sports Medicine, Dance Medicine Division

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Pilates Principles

- Breathing
- Concentration
- Control
- Centering
- Precision
- Balanced Muscle Development
- Rhythm/Flow
- Whole Body Movement
- Relaxation

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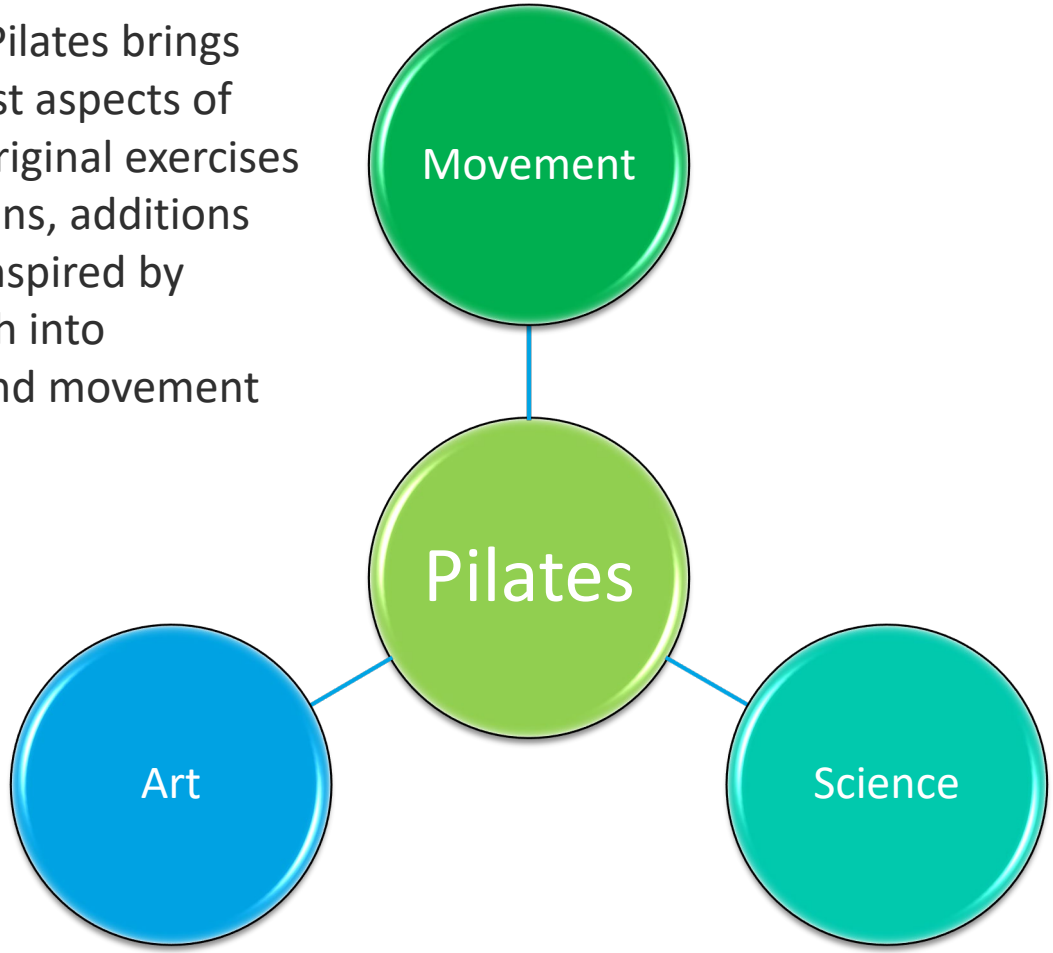
Balanced Body Pilates

Balanced Body Pilates brings together the best aspects of Joseph Pilates original exercises with modifications, additions and variations inspired by modern research into biomechanics and movement science.



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Balanced Body Movement Principles

Definition:

Balanced Body Movement Principles are the key anatomical and biomechanical concepts that underlie the Pilates Method.

The Movement Principles include the pre Pilates exercises illustrating the essential movements on which the repertoire is built.

Form the foundation for good movement in Pilates, in athletic activities and in daily life.

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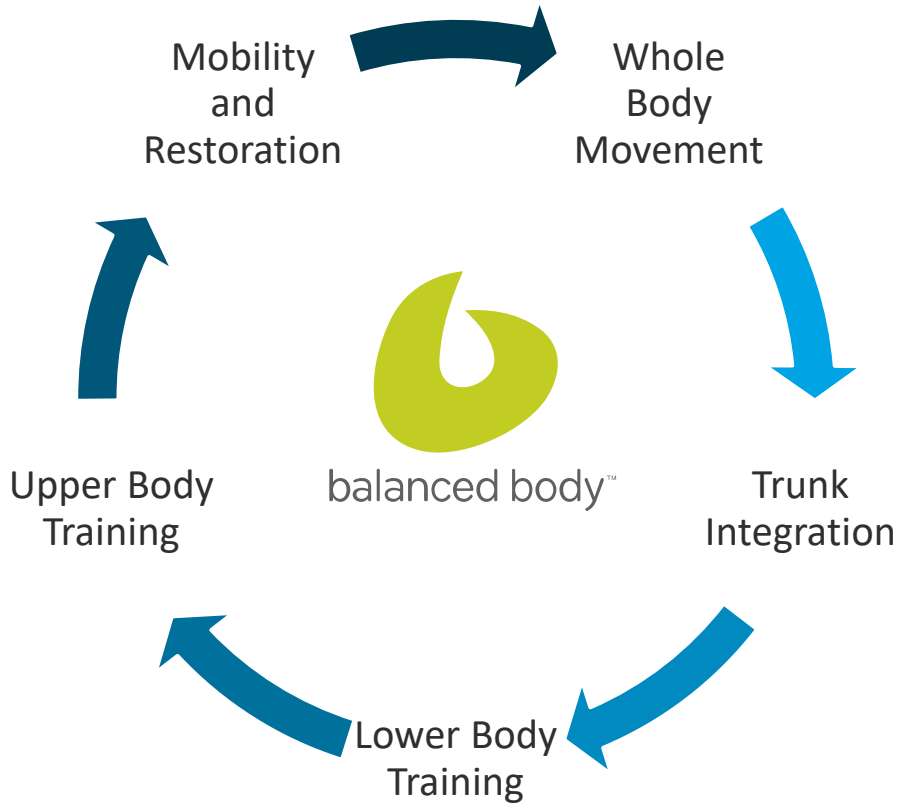
Balanced Body Movement Principles



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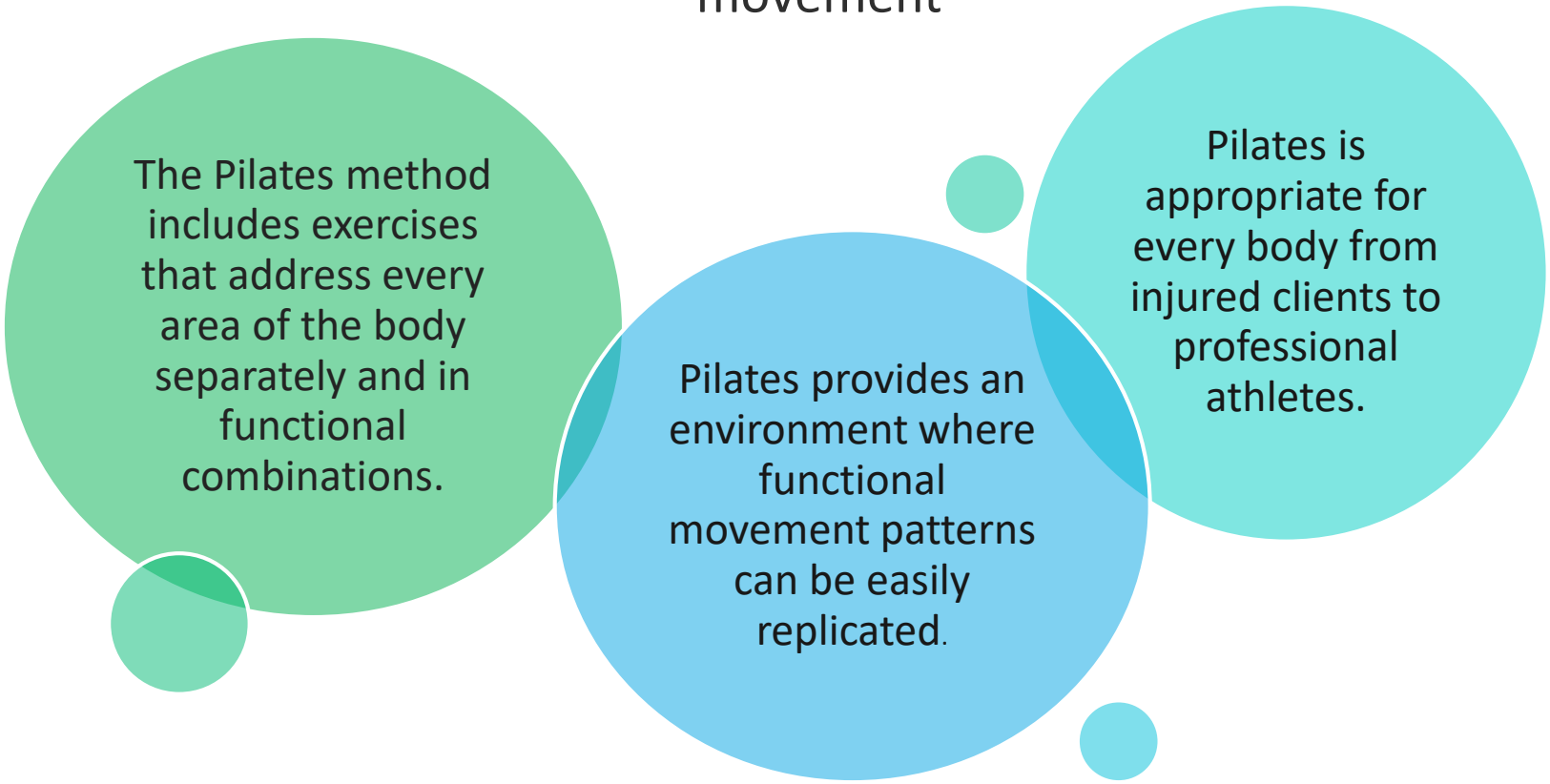
Whole Body Movement

Pilates is a powerful exercise method for training whole body movement



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Trunk Integration

Pilates Mat focuses on training Trunk Integration in virtually every exercise

Breathing

Inner unit/Core work

- Transverse Abdominis, Multifidi, Pelvic Floor, Diaphragm

Outer unit and lumbopelvic stability

- Anterior Oblique Sling, Posterior Oblique Sling, Deep Longitudinal System, Lateral System

Spinal mobility

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Breathing

On the Inhale

- The diaphragm contracts.
- The dome moves down.
- The volume of the lungs increases and draws air in.
- Abdominal pressure increases.
- Pelvic floor responds.

On the Exhale

- The diaphragm relaxes.
- The dome moves up.
- The volume of the lungs decreases and air flows out.
- Abdominal pressure decreases.
- Transversus abdominis contracts.
- Pelvic floor responds.

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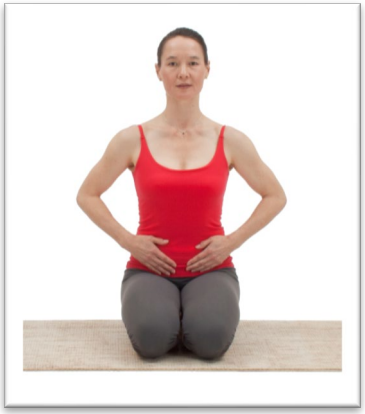
Breathing Exercises

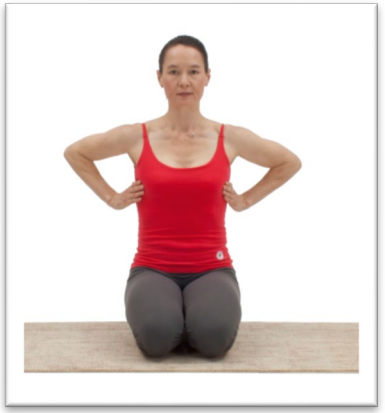
Diaphragmatic Breathing

- Belly expands, relaxing, calming breath



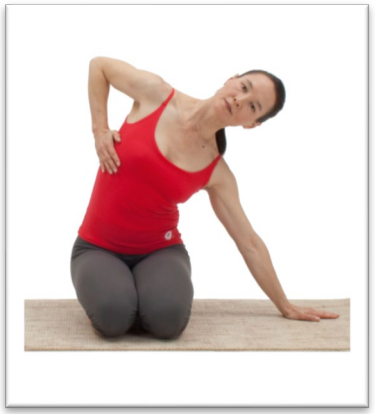
Posterolateral Breathing

- Expands lung capacity, allows breathing with abdominal stability



One Lung Breathing

- Improves lateral flexion, corrects imbalances



Sniffing Breath (PPT Extra)

- Stimulating, rhythmic breath

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The Core or Powerhouse

The core, powerhouse or inner unit provides support to the lower spine during dynamic movement.

The elements of the core include:

- Diaphragm
- Transversus abdominis
- Multifidi
- Pelvic floor

The core stabilizes the spine through a complex series of interconnections between the fascia, the muscles and the bones.

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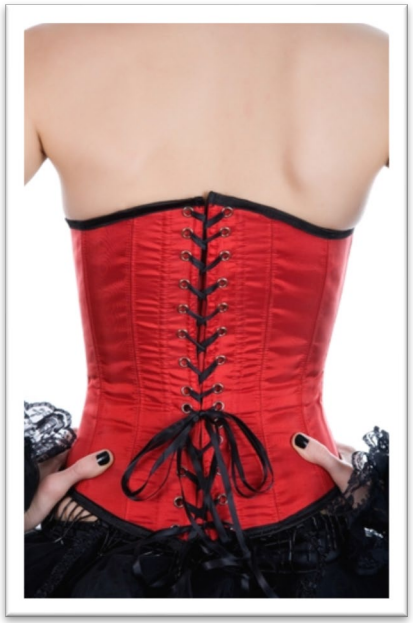
Transversus Abdominis

The first link in the chain, the transversus abdominis acts like a corset to draw in the abdominal muscles and decrease the diameter of the waist.

The fibers of the transversus abdominis wrap horizontally around the abdomen creating the deepest abdominal layer.



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Transverse Abdominis Exercises

Supine Fingertip Abdominals

All Fours Abdominals

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Rotatores and Multifidi

Origin:

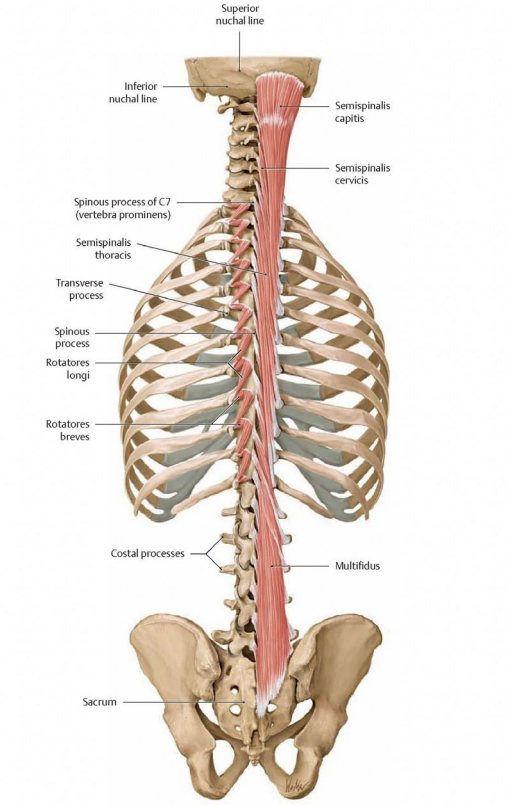
- Sacrum and transverse processes of lumbar through cervical vertebrae. Rotatores, thoracic vertebrae only*.

Insertion:

- Spinous processes of lumbar through 2nd cervical vertebrae. Rotatores span 1 – 2, multifidi span 2 – 4.

Action:

- Torso extension, contralateral torso rotation, spinal segmental stabilization



D Medial tract of the intrinsic back muscles: the transversospinal system (rotatores breves and longi, multifidus, and semispinalis)

Illustrator: Karl Wesker pp. 122-123

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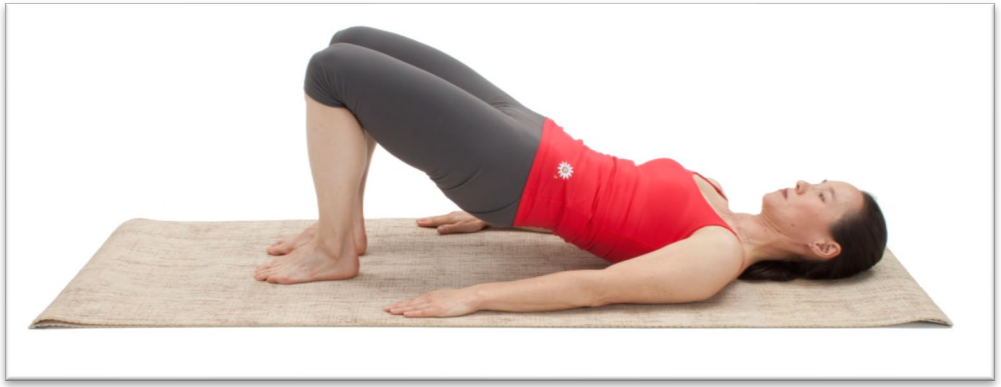
Inner Unit Activation Exercises - Multifidi

Flat Back Bridging

- Keep the spine relatively neutral as the hips rise to activate the multifidi.



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Inner Unit Activation Exercises - Multifidi

Standing Multifidi Engagement

- Do both sides of the spinal muscles fire at the same time?

Lunge with Weight Shift

- The muscles on the back leg side should (maybe) fire more easily.

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Thoracolumbar Fascia

When the transversus abdominis contracts, it creates tension on the thoracolumbar fascia which surrounds the following muscles:

- Multifidi
- Erector spinae
- Psoas
- Quadratus lumborum

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Transverse Abdominis & Thoracolumbar Fascia

As the TA contracts and tightens the thoracolumbar fascia, the multifidi expand into the fascia creating a stabilizing support around the lumbar vertebrae.

The fascia acts like a corset around the multifidi forcing the muscles to elongate vertically as it contracts.

This creates axial elongation or decompression of the vertebrae.

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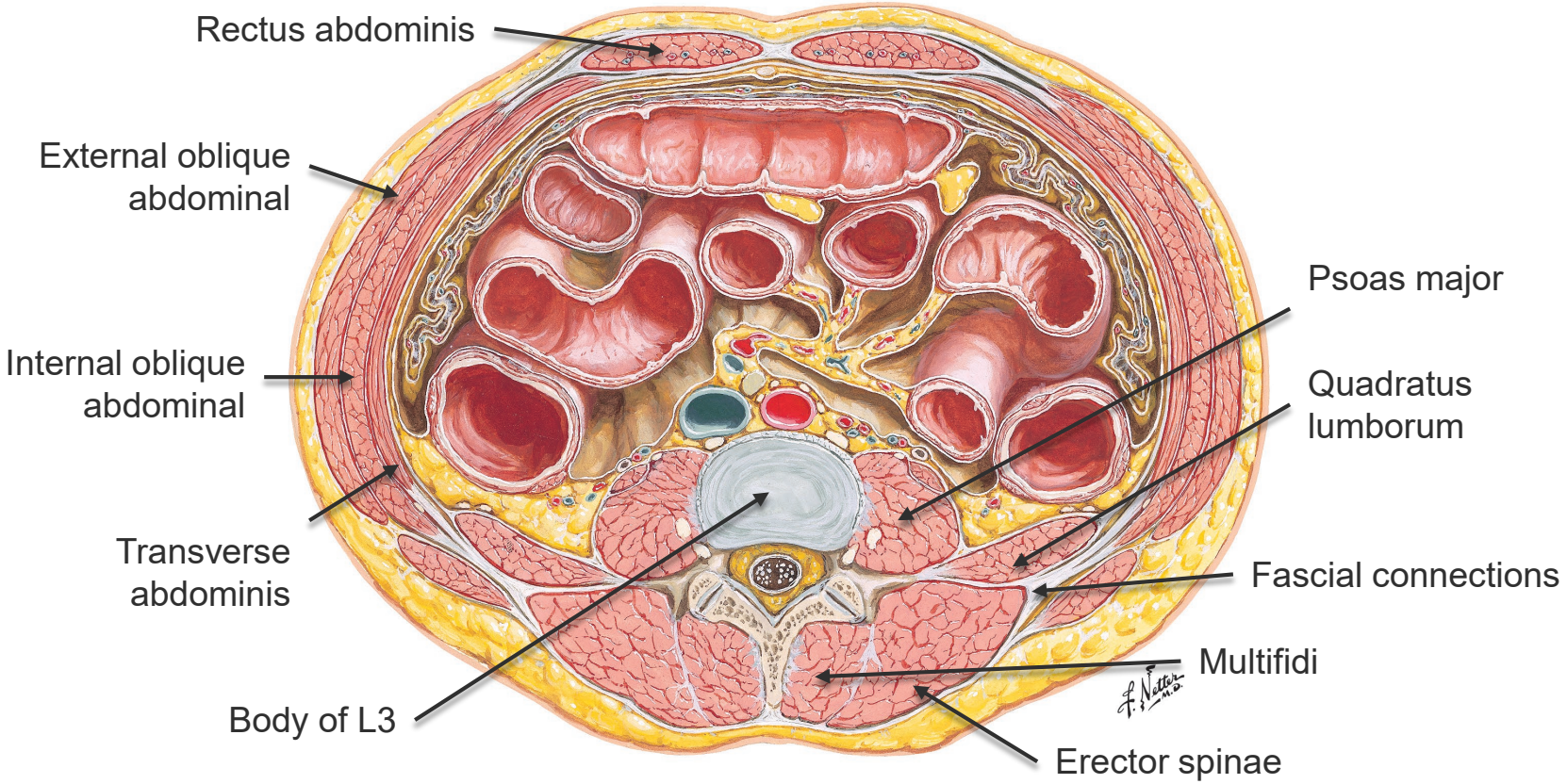
Thoracolumbar Fascia



Cross section of the torso at L3

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Pelvic Floor

The pelvic floor acts in conjunction with the diaphragm to create the top and bottom of the cylinder formed by the transversus abdominis, the spine and the spinal muscles.

The purpose of the pelvic floor is to:

- Support the contents of the abdomen against the force of gravity.
- Control urination and defecation.
- Assist with sexual function.
- Facilitate childbirth.

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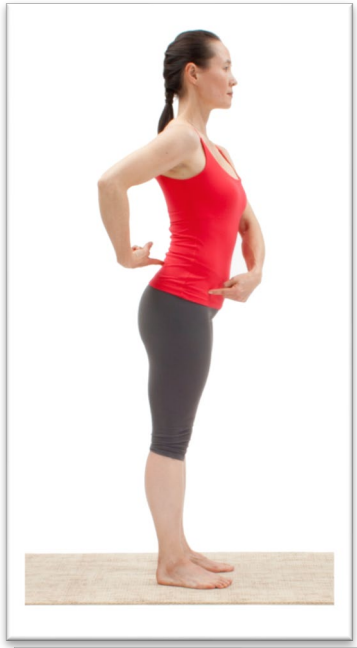
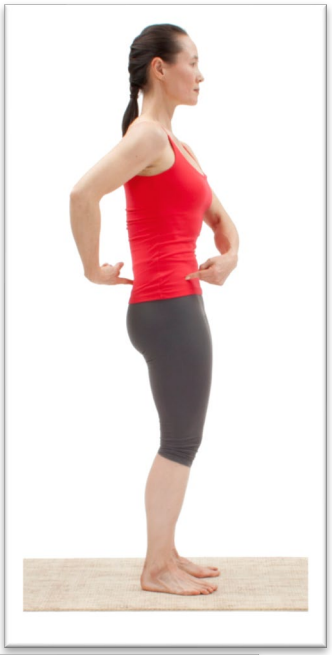
Pelvic Floor Awareness Exercises

Standing Anterior and Posterior Pelvic Floor Engagement

- Notice how the pelvic floor engages when the pelvis is in an anterior or posterior position.





Supine Engagement

- Add a ball between the knees to increase the activation

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Inner Unit Activation Exercises – Pelvic Floor

There are currently many conflicting ideas about pelvic floor training.

- Using verbal cues
- Using movements that naturally activate the pelvic floor

Movements of the hips and legs such as walking, squats, lunges, bridging, side leg lifts and clam shells may be more effective than verbally cueing activation.

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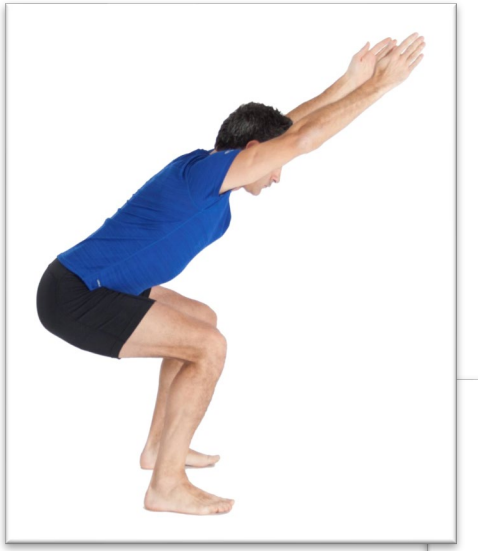
Inner Unit Activation in Standing

Squats

- Use the inner unit to support a neutral lumbopelvic position

Knee bends

- Use the inner unit to support a neutral lumbopelvic position



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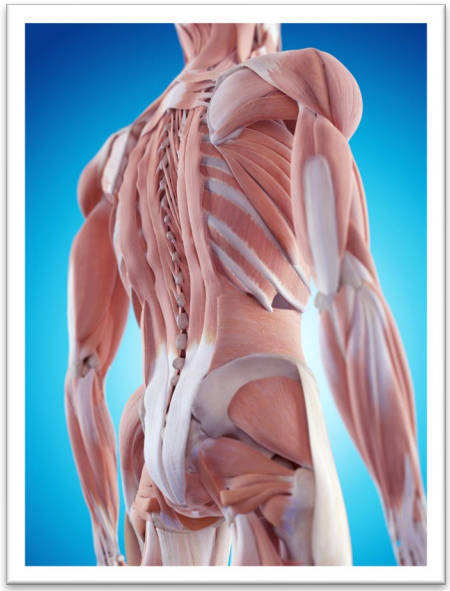
Core Activation

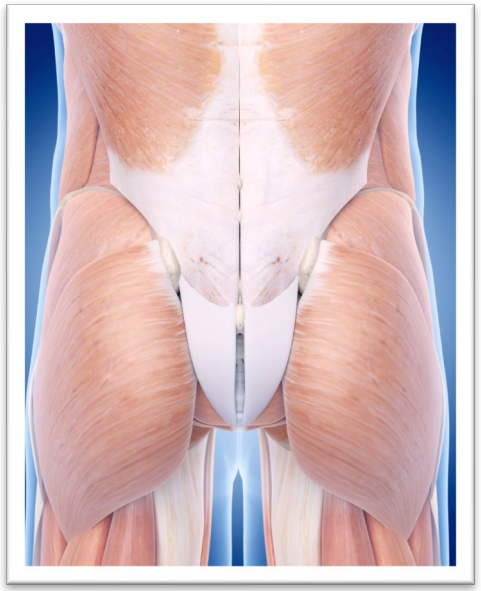


Transversus abdominis and **multifidi** co-contract to support the spine.

All 4 elements work together to create stability of the lumbar spine

Diaphragm organizes the ribcage over the pelvis.

Pelvic floor stabilizes the pelvis by drawing the bones together from the inside.



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Mat 1 Workouts

Breathing and Core Activation

Diaphragmatic Breathing

Posterolateral Breathing

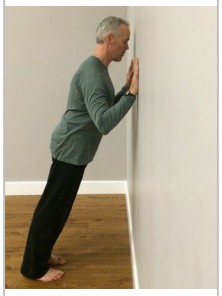
One Lung Breathing

Pelvic Clock

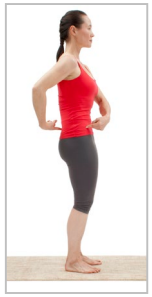
Supine-Fingertip Abs

Bridge Flat Back add Roller for PF engagement

Standing Multifidi Engagement



Wall Push Ups



Pelvic Floor Engagement

Squats and Knee Bends

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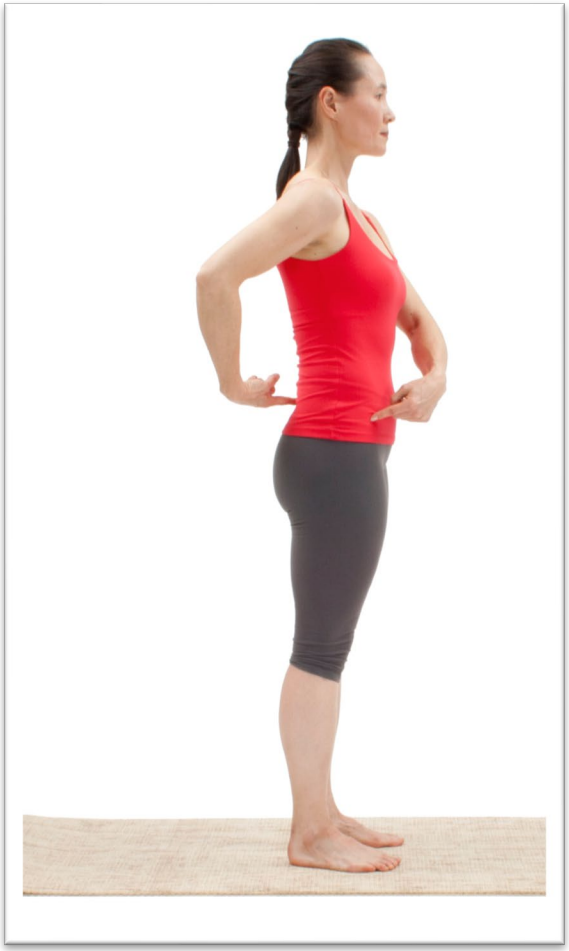
Lumbopelvic Placement - Neutral Position

The placement of the pelvis is neutral when the anterior superior iliac spines and the pubic bone are in a plane perpendicular to the ground in standing and parallel to the ground when supine.

According to current research in biomechanics, the core or “inner unit” works best as a spinal stabilizer when the pelvis is in a neutral position.



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Lumbopelvic Placement – In Standing

When standing or sitting with a neutral lumbopelvic position, the action of gravity on the core musculature leads to a balanced engagement of the muscles on the front and back of the spine.

This decreases the stress on the spine and helps to prevent low back pain and injury.

A neutral position should be used in any exercise designed to train clients for upright, functional movement.

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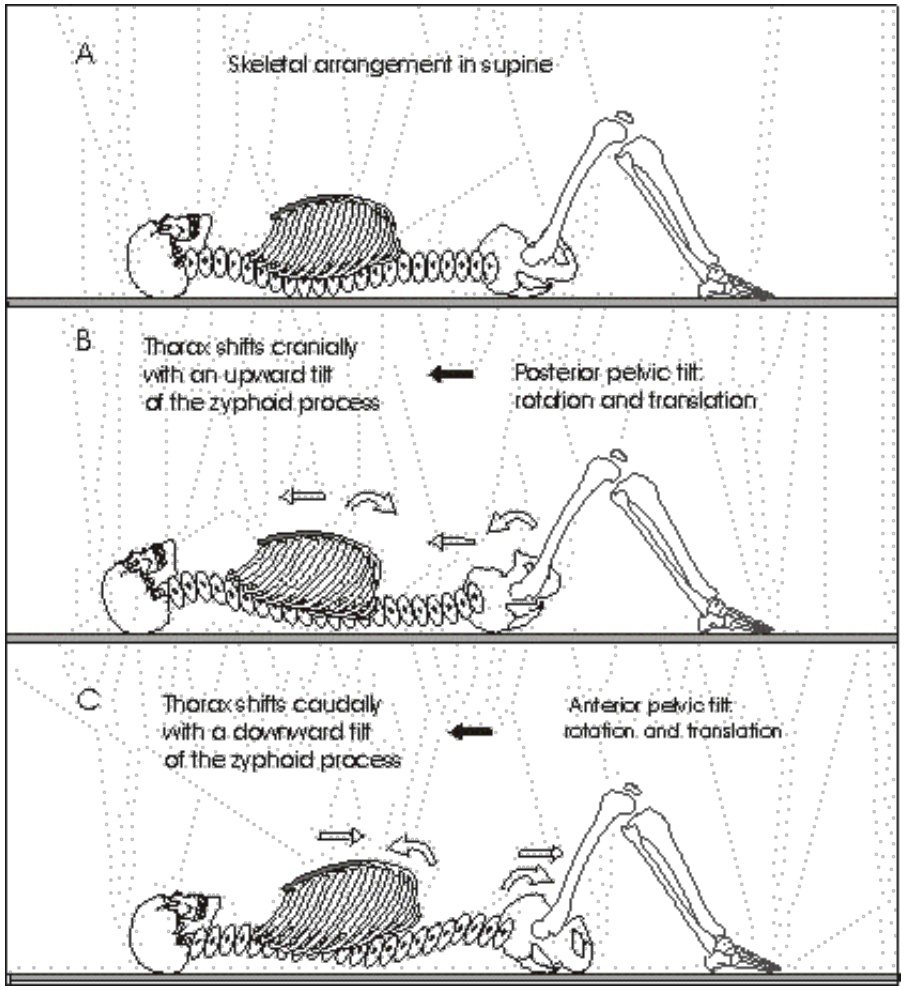
Lumbopelvic Placement

Neutral placement

Imprinted spine – flexed lumbar spine with a posterior pelvic tilt

Exaggerated lumbar curve - with an anterior pelvic tilt



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Lumbopelvic Placement

Determining the correct lumbopelvic placement for each exercise and each client will:

- Maximize the effectiveness of the exercise for the client.
- Help them to achieve higher levels of performance in Pilates and in daily or athletic activities.
- Decrease the likelihood of low back pain or discomfort.
- Teach the client habits that can keep them moving well for a lifetime.

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Lumbopelvic Placement – In Supine

Find a neutral position in supine by balancing the muscle engagement on the front and back of the body while maintaining a bony position that is as close to neutral as possible.

- When lying supine, the pressure of the ground on the back of the pelvis can tilt the pelvis slightly posterior so use muscle engagement rather than just the bony position to optimize the position.

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Lumbopelvic Placement - Modifications

Supported neutral
Use a rolled up sticky mat or towel to support the lower back in neutral for:

Beginners
Who need both support and increased proprioception to learn where neutral is.

Clients with unstable lumbar spines
To keep the back neutral during challenging exercises.

Clients with an increased or decreased lumbar lordosis
To support and help relax the low back muscles.

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Lumbopelvic Placement – Exceptions to neutral

The following conditions MAY prefer an imprinted spine and a slightly posteriorly tilted pelvis to minimize pain:

- Spondylolisthesis (anterolisthesis only)
- Spinal stenosis
- Spinal arthritis
- Some sacroiliac joint dysfunctions
- Some disc injuries

An imprinted spine should only be used to allow clients to perform exercises comfortably and should be discontinued when the client can comfortably maintain a neutral spine position.

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Lumbopelvic Placement – Imprinted Spine

For clients that need to use a slightly imprinted position for comfort:

- Clients can maintain the position themselves by posteriorly tilting the pelvis.
- Clients can use a sticky mat, towel or small wedge under the sacrum to passively tilt the pelvis posteriorly.

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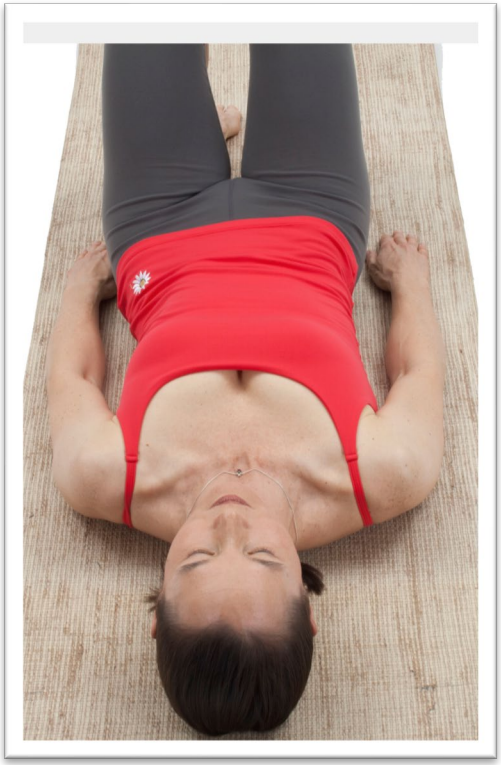
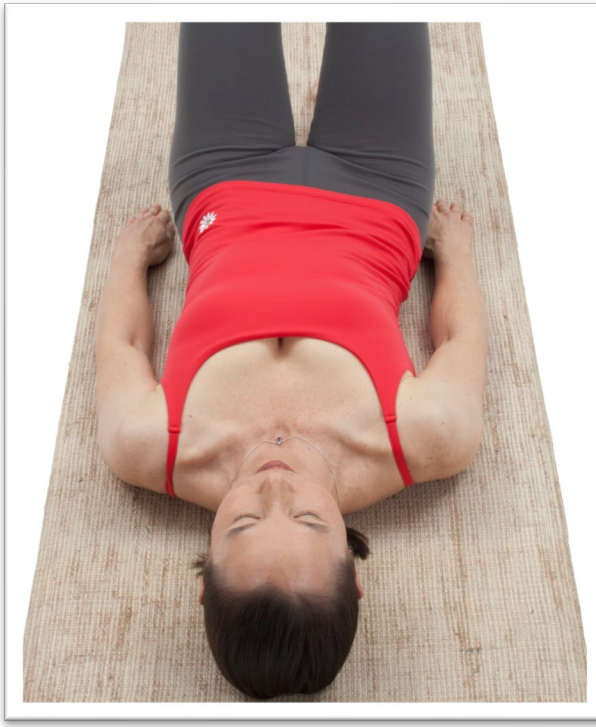
Lumbopelvic Placement Exercises

Pelvic Clock

- Move the pelvis from 12 to 6
- From 3 to 9
- Then in circles
- The goal is to feel the center point where the pelvis is balanced





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Abdominal Strengthening

Abdominal strength is important for:

- Creating a strong, stable and balanced torso.
- Generating power in athletic activities such as golf, tennis, swimming and dancing.

Abdominal strength starts with the core or inner unit but the inner unit does not move the torso. In order to create movement the remaining abdominals must be engaged. These are:

- Internal oblique abdominal
- External oblique abdominal
- Rectus abdominis

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Abdominal Exercises

Abdominal Curls

Oblique Abdominal Curls

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Lumbopelvic Stability

Lumbopelvic stability is the ability of the neuromuscular system to maintain balance between the rib cage, lumbar spine and pelvis.

Good core activation combined with the action of the 4 “outer units” is required for lumbopelvic stabilization.

Maintaining balance and strength in the four outer units is essential for preventing low back pain and for creating efficient and graceful movement patterns.

This model is based loosely on the work of Diane Lee, PT, FCAMT, CGIMS. and Andry Vleeming, PhD, PT

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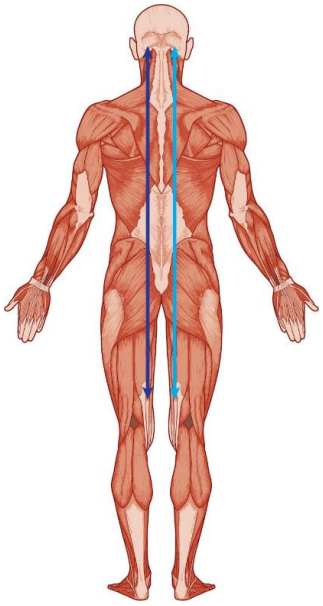
The 4 Outer Units

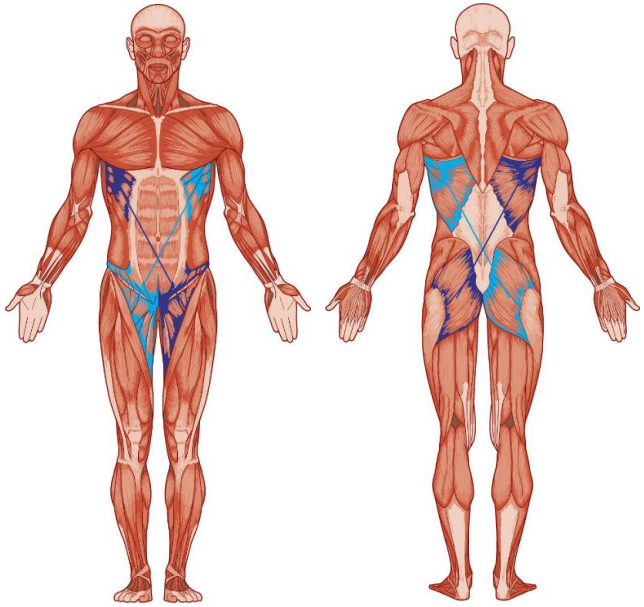


Deep Longitudinal System

- Erector Spinae, Quadratus Lumborum, Thoracolumbar Fascia, Sacrotuberous Ligament and the Biceps Femoris, Gastrocnemius, Plantar Fascia and Toe Flexors

Function

- This system holds us upright against gravity and creates spinal extension.

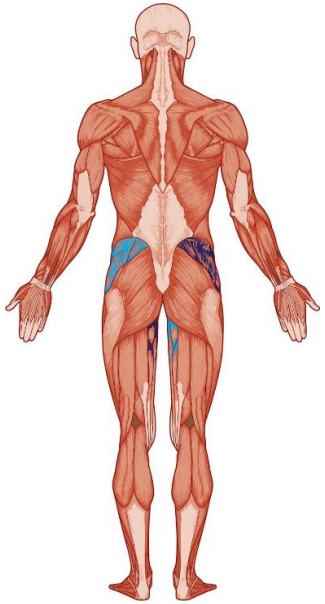


Anterior and Posterior Sling

- Anterior = Anterior serratus, External oblique, Contralateral internal oblique and adductors
- Posterior = Lattisimus dorsi and Contralateral glutes

Function

- Together stabilize the torso and in opposition create flexion, lateral flexion and rotation of the torso



Lateral System

- Hip abductors and adductors
- Quadratus Lumborum

Function

- Keeps the pelvis balanced over the femurs when walking, running or balancing on one leg.
- Imbalances lead to an un-level pelvis when standing on both legs.

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Lumbopelvic Stability Exercises

Marching

Toe Taps

Opposite Arm and Leg Reach

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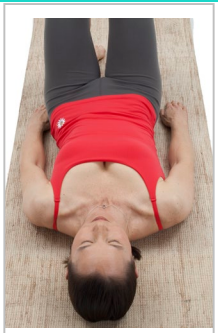
Mat 1 Workouts

Abdominals & Lumbopelvic Stability



Pelvic Clock

Supine-Fingertip Abs

Abdominal Curl

Oblique Curl

Marching

Toe Taps

All 4's Abdominals

Opposite Arm & Leg Reach

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Mat 1

Pilates Mat 1 Exercises

Focus: Breathing - Trunk Integration - Abdominal Strengthening – Spinal Mobility

The Hundred

- Prep
- Knees bent
- Legs to ceiling
- Legs lower
- Palms up

Roll Up

- Roll Down
- Instructor or band assist
- Knees bent
- Picture frame

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Mat 1

Pilates Mat 1 Exercises

Focus: Lumbopelvic Stability – Hamstring Mobility – Spinal Mobility / Rolling Like a Ball – Coordination – Spinal Mobility

Single Leg Circles

- Hamstring stretch
- Small circles
- Large circles

Rolling like a Ball

- Hands behind thighs
- Small ball

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Mat 1

Creating Awesome Classes

- Show up
- Be consistent
- Introduce yourself
- Create a focus for the class
- Tell them why, not just how
- Follow the 80/20 rule
- Teach to the students in front of you
- Create community

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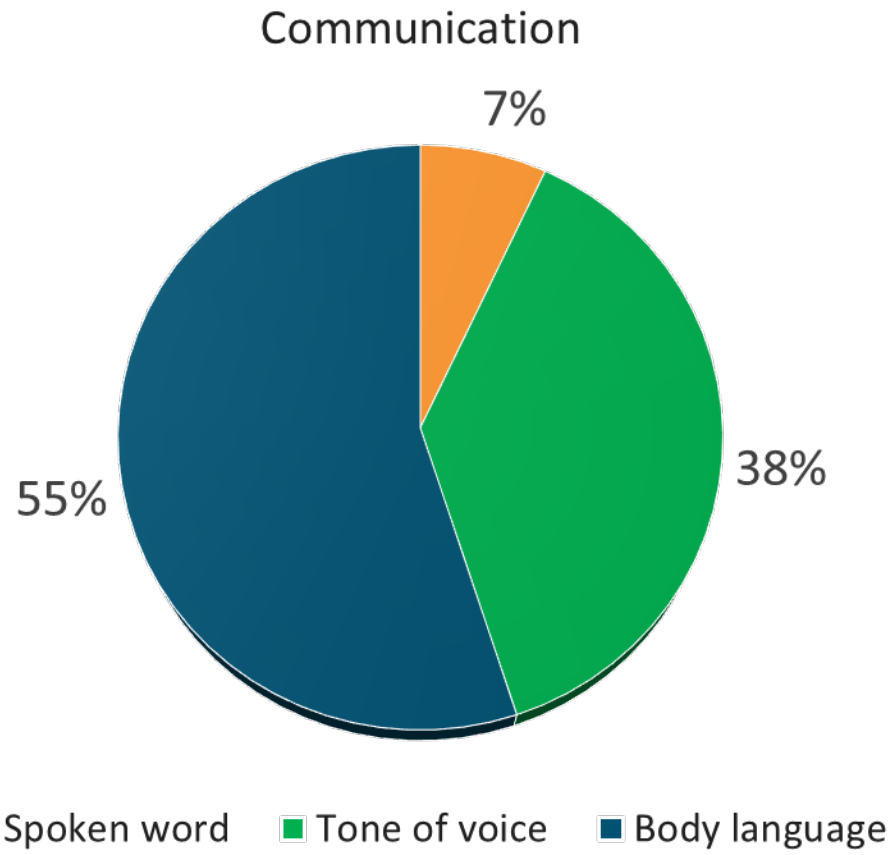
Mat 1

Verbal and Non Verbal Cues

Dr. Albert Mehrabian's 7-38-55 Rule:

- *What* we say is less significant than
- *How* we say it
- *How we move* as we are saying it



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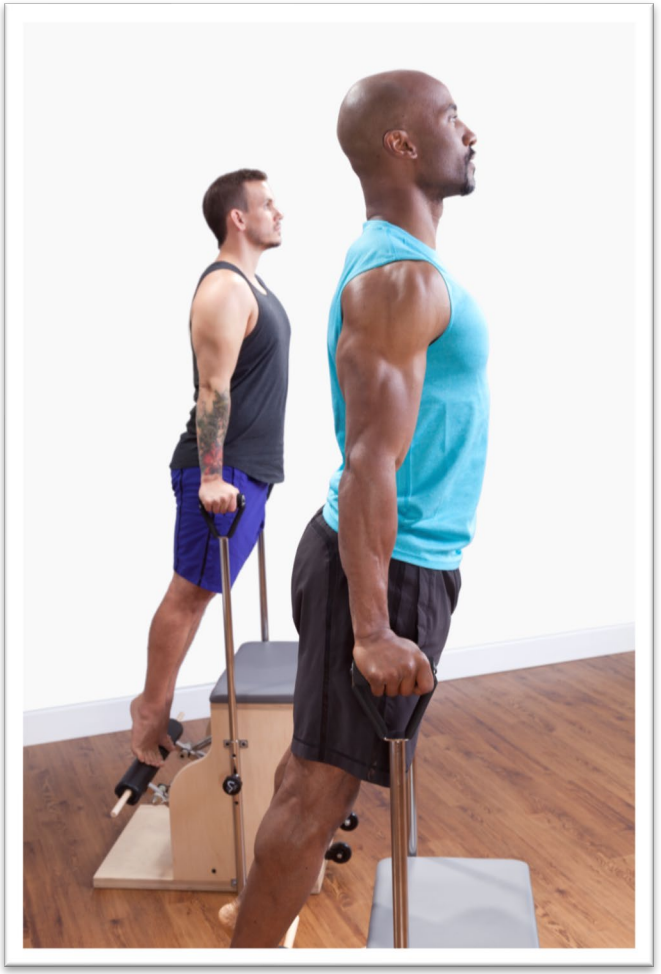
Mat 1

Cueing and Coaching

Provide clear direction

Focus on the experience

Provide the how and the why



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Cueing and Coaching

1) Exercise direction

Be straightforward, simple and consistent!

- Exercise name
- Equipment setup
- Body position
- Number of reps (to help them budget their energy)
- Movement sequence

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Cueing and Coaching

2) Mindful cues

Feeling, thinking and observing

- Quality over quantity
- Engage the client in their experience
- Tell them why the exercise is important
- Let them observe what's happening

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Cueing and Coaching

Examples of mindful cueing

Breath – “Inhale as you push back, exhale as you return”

Physical sensation – “Feel equal weight on both sit bones”

Why – “Strengthening your legs helps you get up and down from a chair”

Observing their experience – “Do you notice your right leg is straightening faster than your left one?”

Mat 1

Cueing and Coaching

balanced body

Mat 1

Pilates Mat 1 Exercises

THIS IS THE FIRST 3 OF THE SERIES OF 5

Focus: Breathing - Trunk Integration - Lumbopelvic Stability - Abdominal Strengthening

Single Leg Stretch

Double Leg Stretch

Single Straight Leg Stretch

balanced body

Mat 1

Pilates Mat 1 Exercises

THIS IS THE LAST 2 OF THE SERIES OF 5

Focus: Breathing - Trunk Integration - Lumbopelvic Stability - Abdominal Strengthening

Double Straight Leg Stretch

Criss Cross/Bicycle

balanced body

Mat 1

Lumbopelvic Placement – Starting positions

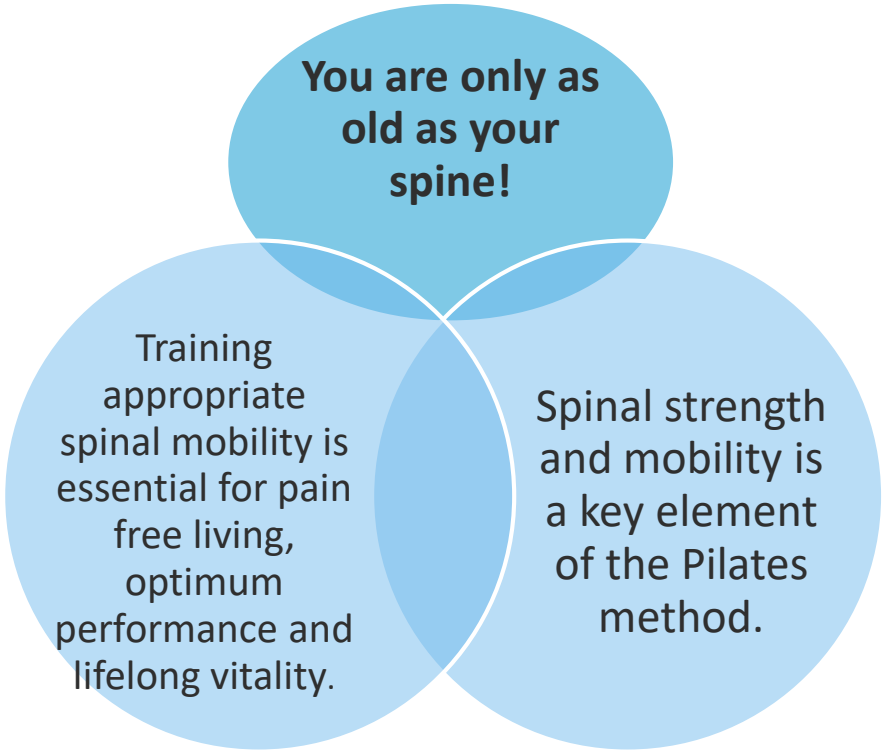
Seated

- Sit on the center of the sit bones and align the spine directly over the pelvis. Sit up on a towel or pad and bend the knees if needed for spinal alignment
- If the ischial tuberosities are Mount Everest, you are right on top, not sliding down either side.

balanced body

Mat 1

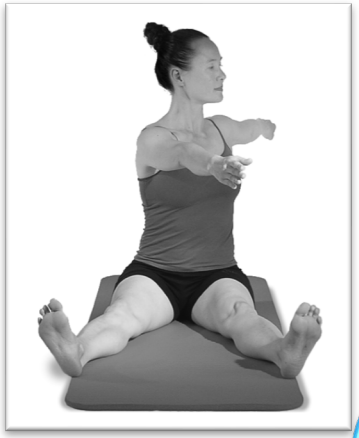
Spinal Strength and Mobility



balanced body

Mat 1

Spinal Strength and Mobility



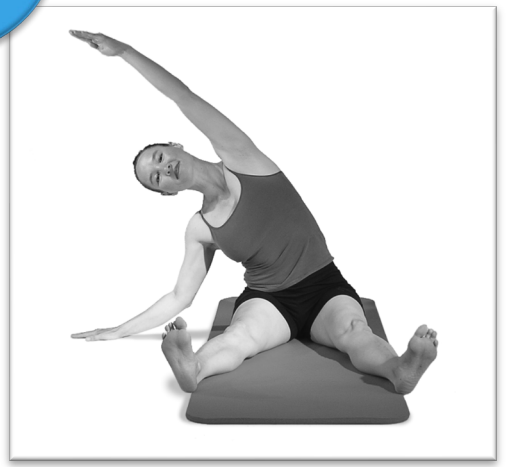
Flexion

Rotation

Spinal mobility includes:

Lateral flexion

Extension



balanced body

Mat 1

Lumbopelvic Placement – Starting positions

All Fours

- With a neutral lumbopelvic position, place the shoulders over the wrists and the hips over the knees.

Prone

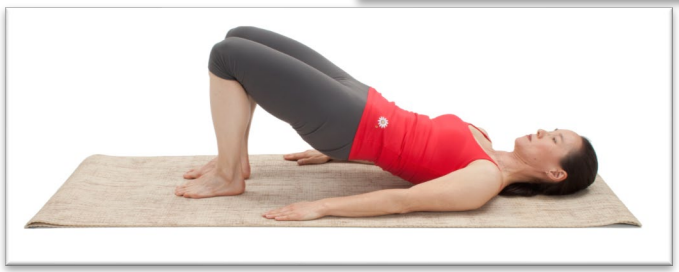
- Support the pelvis in a neutral position by engaging the core.

balanced body

Mat 1

Spinal Mobility Exercises

- Cat/Cow
- Poodle Tail
- Tail Wag
- Bridging
- Hip Dips
- Typewriter
- Figure 8’s



balanced body

Mat 1

Pilates Mat 1 Exercises

Focus: finding neutral in sitting - Lumbopelvic Stability - Spinal Mobility

Spine Stretch Forward

- Reverse breathing

Spine Stretch Side

Saw

balanced body

Mat 1

Pilates Mat 1 Exercises

Focus: Balance – Coordination – Spinal Mobility

Open Leg Rocker

balanced body

Mat 1 Workouts

Trunk Integration


Ant/Post Tilt


All 4's Abdominals


Opposite Arm/Leg Reach


Supine-Fingertip Abs


Marching


Toe Taps


Abdominal Curl


The Hundred Prep


The Hundred


Single Leg Kick


Double Leg Kick


Single Straight Leg Kick


Double Straight Leg Kick


Criss Cross


Roll Up


Rolling Like a Ball

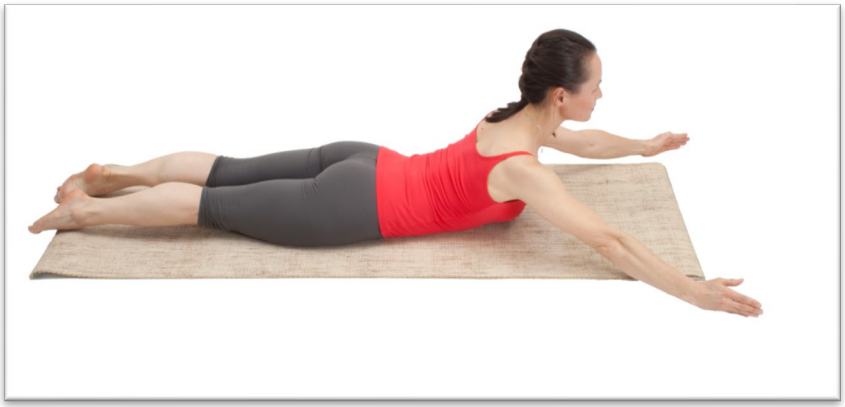
balanced body

Mat 1

Spinal Strengthening Exercises

Rockets

Mini Swan



balanced body

Mat 1

Pilates Mat 1 Exercises

Focus: Trunk Integration - Spinal Extension

- Swan
- Single Leg Kick
- Double Leg Kick
- Swimming

balanced body

Mat 1 Workouts

Trunk Integration - Spinal Mobility


Cat/Cow


Tail Wag


Articulated Bridge


Hip Dips + Figure 8


Ab Curl + Oblique Curl


The Hundred


½ Roll Back


Roll Up


Single Leg Circles Small


Rolling Like a Ball


Spine Stretch Fwd


Spine Stretch - Side


Open Leg Rocker


Saw


Prone Rockets

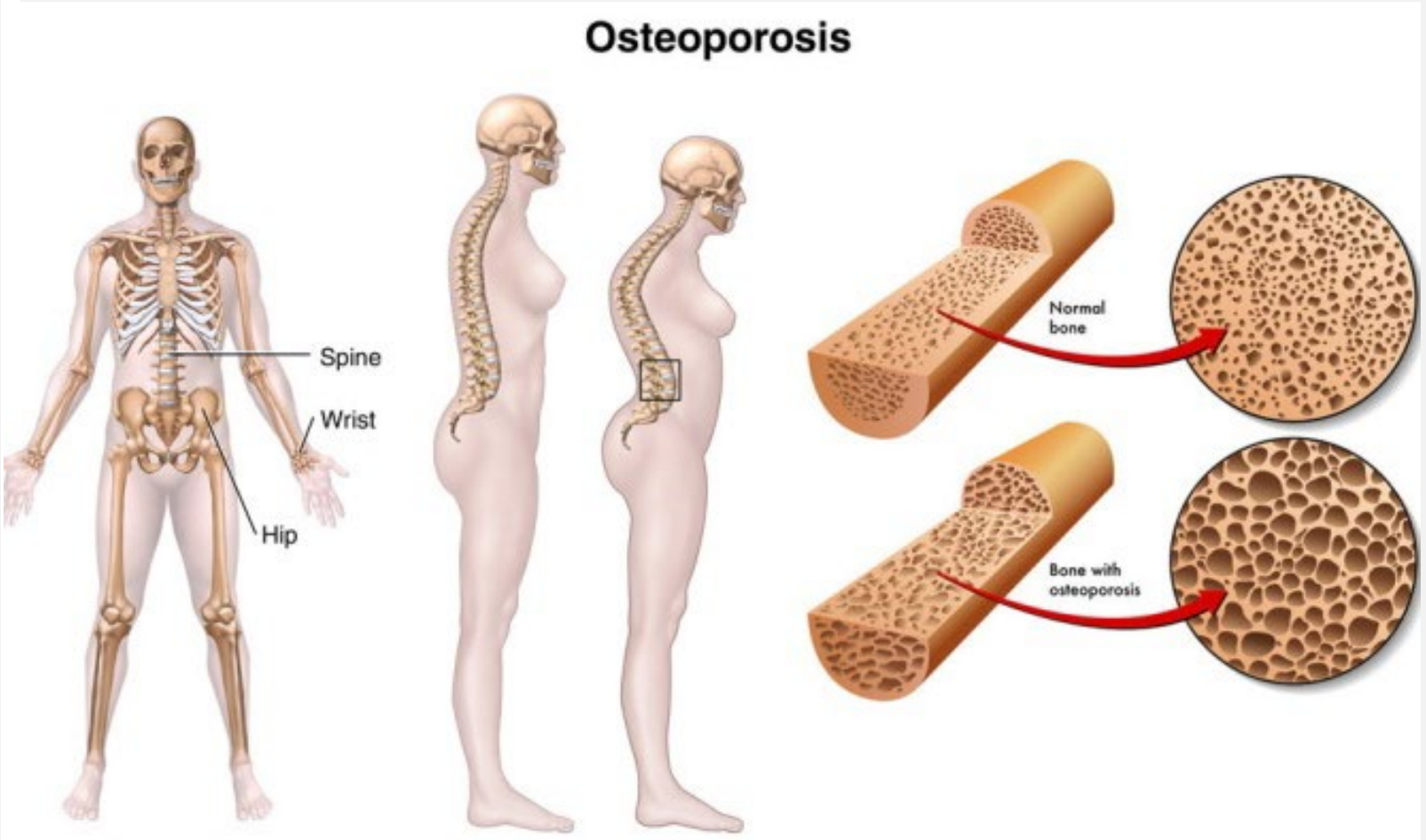

Swan Prep / Mini Swan


Swan


Single Leg Kick


Child's Pose

balanced body



Pilates and Osteoporosis

balanced body

What is Osteoporosis?

Osteoporosis, or porous bone, is a disease characterized by:

- Low bone mass
- Structural deterioration of bone tissue
- Bone fragility and an increased susceptibility to fractures, especially of the hip, spine and wrist, although any bone can be affected

Bone is living, growing tissue that changes throughout the lifespan.

Mat 1

Osteoporosis Facts

10 million Americans are estimated to have osteoporosis, of which 8 million are women and 2 million are men.

34 million Americans are estimated to have low bone mass, placing them at increased risk for osteoporosis.

One in 2 women and 1 in four men over the age of 50 will have an osteoporosis-related fracture in her/his remaining lifetime.

Risk has been reported in all ethnic backgrounds.

Though associated with advanced age, can occur at any age.

balanced body

Categories of Osteoporosis

Bone loss is measured in relationship to the normal bone mass of a young adult and is called a T-score.

- T–score -1 to -2.5 or 10-25% of normal bone loss is considered low bone mass or osteopenia
- T-score >2.5 or more than 25% - 30% is considered osteoporosis

Specialized tests called bone density tests can measure bone density in various sites of the body.

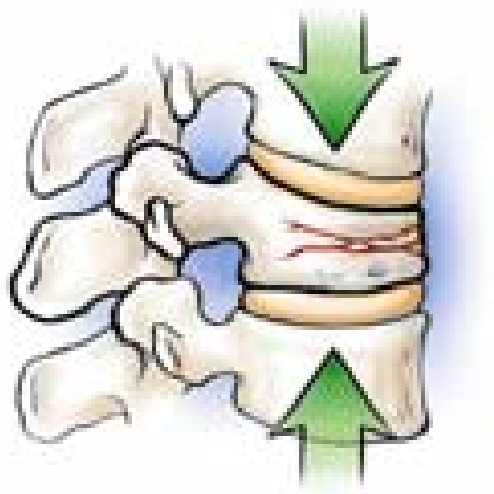
Bone density tests can

- Detect osteoporosis before a fracture occurs
- Predict your chances of fracturing in the future
- Can determine the rate of bone loss and/or monitor the effects of treatment.

Symptoms

Symptoms

- Osteoporosis is often called the “silent disease” as bone loss occurs without symptoms.
- Bones may become so weak that a sudden strain, bump or fall causes a fracture or a vertebrae to collapse.
- Collapsed vertebrae may initially be felt or seen in the form of severe back pain, loss of height or spinal deformities such as kyphosis or stooped posture.



Mat 1

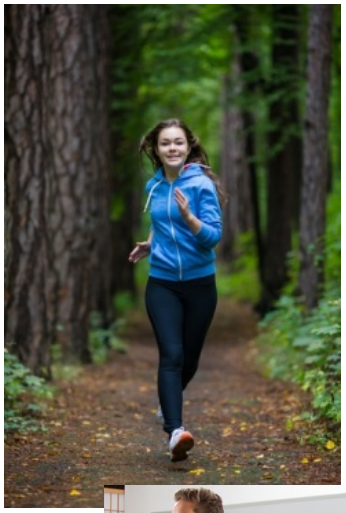
Prevention of Osteoporosis

Women acquire 98 percent of skeletal mass by about age 20.

Building strong bones during childhood and adolescence can be the best defense against developing osteoporosis later.

Four steps to optimize bone health include:

- Balanced diet rich in calcium and vitamin D
- Weight-bearing exercise
- A healthy lifestyle with no smoking or excessive alcohol intake
- Bone density testing and medication when appropriate.



balanced body

Mat 1

Wolff's Law

Bones become stronger in response to increased stress. In order to continue to build bone the stress placed on it must be greater then the stress to which it has become accustomed.

In order to build bone you need to challenge the client to keep working harder or to place different kinds of stress on the bones in order to make them respond.

balanced body

Mat 1

Exercise Considerations

Weight bearing exercise and weight training have been studied in relationship to osteoporosis and have been shown to be helpful

Pilates has not been directly shown to help and many traditional Pilates exercises are contraindicated for clients with osteoporosis.

Exercise programs for osteoporosis should be designed to:

- Build bone mass
- Improve posture and balance
- Be progressive or changing in order to keep bones responding
- Improve spinal extension

balanced body

Contraindications and Precautions

Movements shown to increase risk of fracture, particularly to the spine include

- Spinal Flexion - Especially with resistance as in Hundreds and abdominal curls
- Spinal Rotation – Especially when combined with spinal flexion as in oblique abdominal exercises

Precautions when working with clients with osteoporosis

- Avoid loaded flexion of the spine i.e. abdominal curls, all rolling exercises, all rolling up exercises
- Use a neutral spine position in Bridging
- Be careful with rotation as in Saw and Spine Twist

Mat and Reformer Exercises to Avoid

Mat

- Abdominals
  - Hundreds
  - Roll Up
  - Neck Pull
  - Series of 5 – Single Leg Stretch, Double Leg Stretch, Single Straight Leg Stretch, Double Straight Leg Stretch, Criss Cross
  - Teaser
- Rolling Exercises
  - Rolling Like a Ball
  - Open Leg Rocker
  - Seal
- Inversions
  - Roll Over
  - Jackknife
  - Corkscrew

Reformer

- Abdominals
  - Hundreds
  - Coordination
  - Roll Downs
  - Short Box Abdominals
  - Teaser
  - Back Stroke
- Spinal Exercises
  - Short Spine Stretch
  - Long Spine Stretch
  - Jackknife
  - Corkscrew

Mat 1

Reformer Exercises to Emphasize

Spinal Extension

- Swan on the box
- Pulling Straps
- Breast Stroke

Weight Bearing

- All Fours Abdominals
- Long Stretch series
- Knee Stretch

Hip Joint Stimulation

- Feet in Straps
- Standing Leg Work
- Knee Stretch

Moderate Impact loading: In order to increase bone mass, exercise needs to be moderately strenuous.

Keep progressing the resistance you use with each exercise to maintain a moderate level of effort with your client.

balanced body

Mat 1

Reformer Program for Osteoporosis

Footwork	• Parallel, external and internal rotation • Single leg and single leg progressions • Ankle work
Supine Arm work	• All directions
Feet in Straps	• All positions • Parallel, external and internal rotation
All Fours Abdominals	• Facing front • Facing back

balanced body

Mat 1

Reformer Program for Osteoporosis

Knee Stretch (flat back only)	• Single leg • Single leg with balance • Double leg
Arm work	• Seated and kneeling facing back • Seated and kneeling facing front
Long Stretch	• Add push ups • Add thoracic extension (if appropriate)
Standing leg work	• Abduction • Adduction

balanced body

Mat 1

Additional Exercise Recommendations

Muscle Group Specific Training

- Target spinal extensors
- Train pelvic and scapular stabilizers
- Focus on upper and lower limb training while keeping spine neutral.

Aerobic Activity

- Encourage clients to walk, use low impact aerobic machines, swim or other activities that encourage increased aerobic capacity and overall physical fitness.

Balance and Coordination Training

- To train the nervous system and the muscular system to react appropriately to balance challenges it is important to add safe balance exercises such as
  - Standing on one leg
  - Moving on unstable surfaces (spot the client as needed, add when appropriate)

Flexibility Exercises

- Maintain flexibility in the torso, shoulder girdle and hips in order to help the client to maintain good posture.

Pilates and Pregnancy

balanced body

Mat 1

Guidelines for Exercise during Pregnancy

Exercising during pregnancy can be beneficial to both the mother and the baby if common safety guidelines are followed.

balanced body

Mat 1

Benefits of Exercise during Pregnancy

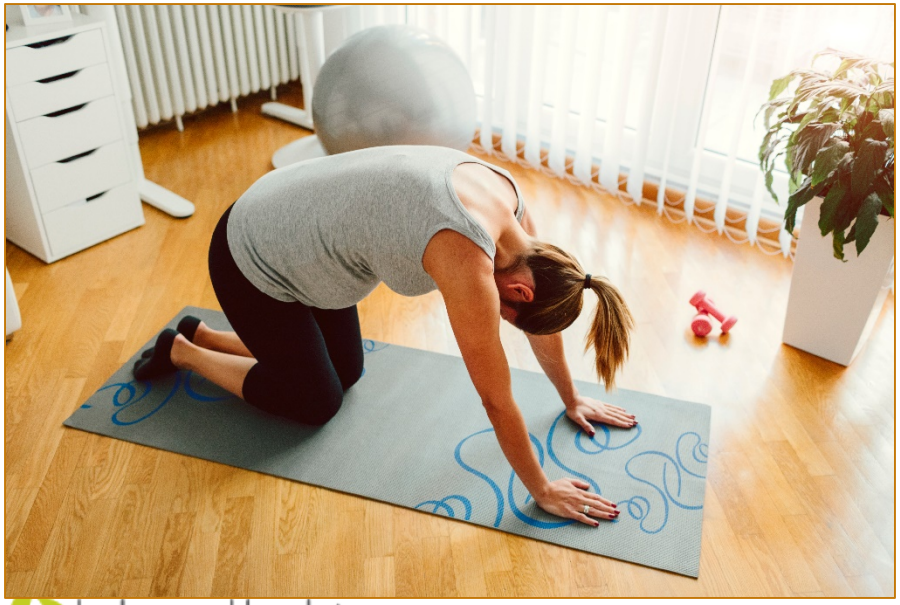
balanced body

Mat 1

Low Risk Pregnancy

Low Risk Pregnancy

- Under 35
- Previous normal pregnancy and delivery
- No known risks



Exercise Considerations

- Follow the normal guidelines for each trimester.
- Pay attention to changes in energy level. Pay attention to changes in flexibility and balance.
- Focus on maintaining trunk integration, lumbopelvic stability and overall strength with an emphasis on upper body strength.

balanced body

Mat 1

High Risk Pregnancy

High Risk Pregnancy

- First pregnancy over age 35
- Previous issues with pregnancy and delivery
- Medically identified risks – preeclampsia, gestational diabetes, cervical insufficiency
- In-vitro or other assisted fertility treatments.

Exercise Considerations

- Minimize or eliminate exercise during the first trimester (first 12 weeks).
- If client has any unusual symptoms, refer them to their MD or other medical practitioner.
- Focus on maintaining trunk integration, lumbopelvic stability and overall strength with an emphasis on upper body strength.

balanced body

Mat 1

Exercise during Pregnancy

Changes during pregnancy

- Hypermobility - Pregnancy hormones make the joints looser. Be cautious with high impact, bouncy or contact sports where the joints may be unstable.
- Balance changes - As the body changes shape, balance can unexpectedly change. Be cautious with balance challenges.
- Breathing difficulties – As the uterus grows and the body demands more oxygen, shortness of breath can occur. Take it easy until the body adjusts.

Precautions during pregnancy

- Drink plenty of water – Dehydration can be especially dangerous during pregnancy.
- Wear a supportive sports bra - As the breasts enlarge, support is necessary to keep them comfortable.
- Avoid becoming overheated.

balanced body

Mat 1

Stages of Pregnancy

1st Trimester (0 – 12 weeks)

- All exercises are generally possible during this time.
- Pay attention to the woman's energy level and any morning sickness symptoms.
- Pay attention to changes in flexibility and balance.

1st Trimester exercises to focus on

- Trunk integration
- Lumbopelvic stability
- Arm and upper back strength.
- Flexibility of the chest, lower back and anterior hip.
- Decrease or eliminate inversion exercises.

balanced body

Mat 1

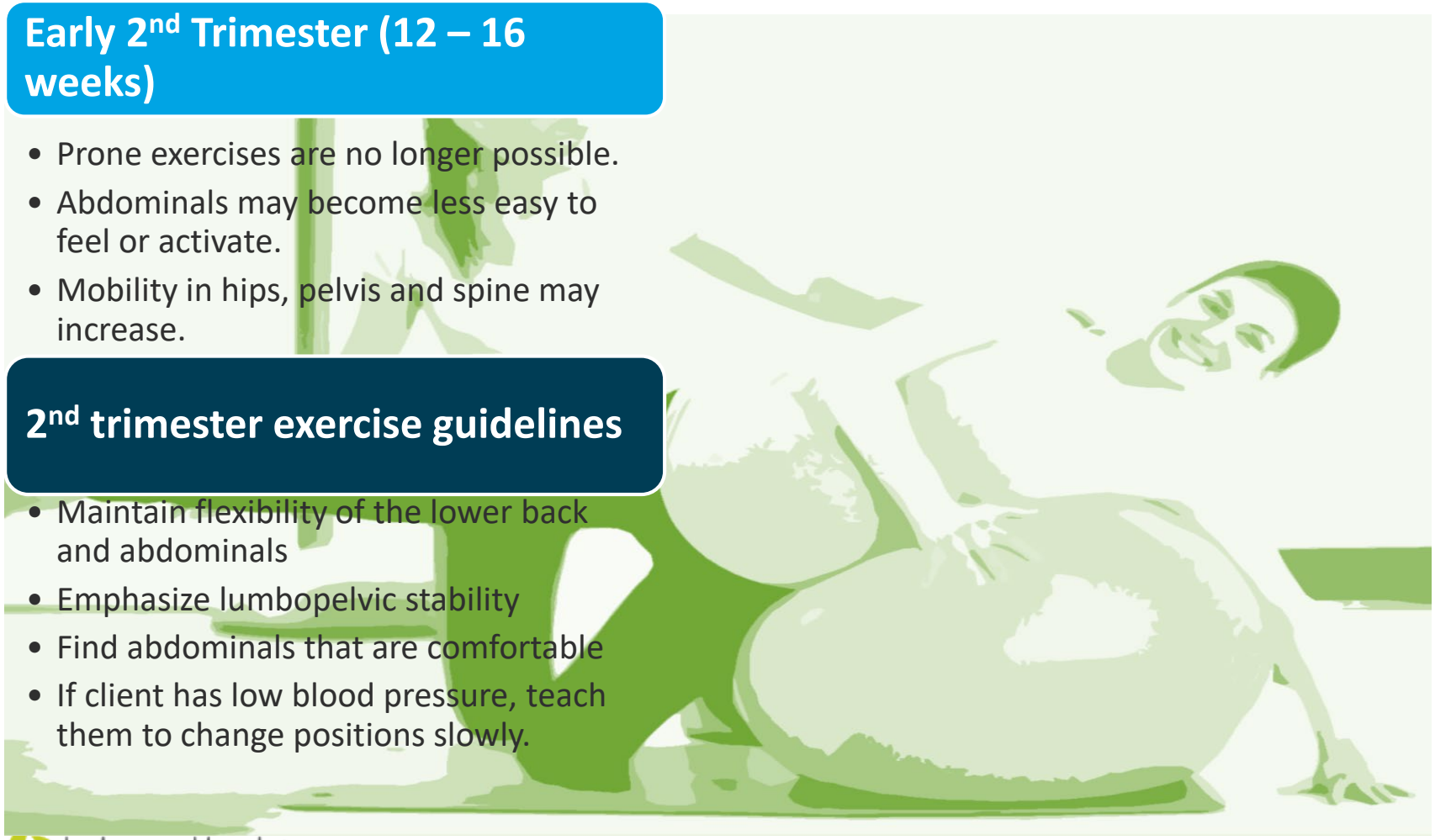
Stages of Pregnancy

Early 2nd Trimester (12 – 16 weeks)

- Prone exercises are no longer possible.
- Abdominals may become less easy to feel or activate.
- Mobility in hips, pelvis and spine may increase.

2nd trimester exercise guidelines

- Maintain flexibility of the lower back and abdominals
- Emphasize lumbopelvic stability
- Find abdominals that are comfortable
- If client has low blood pressure, teach them to change positions slowly.



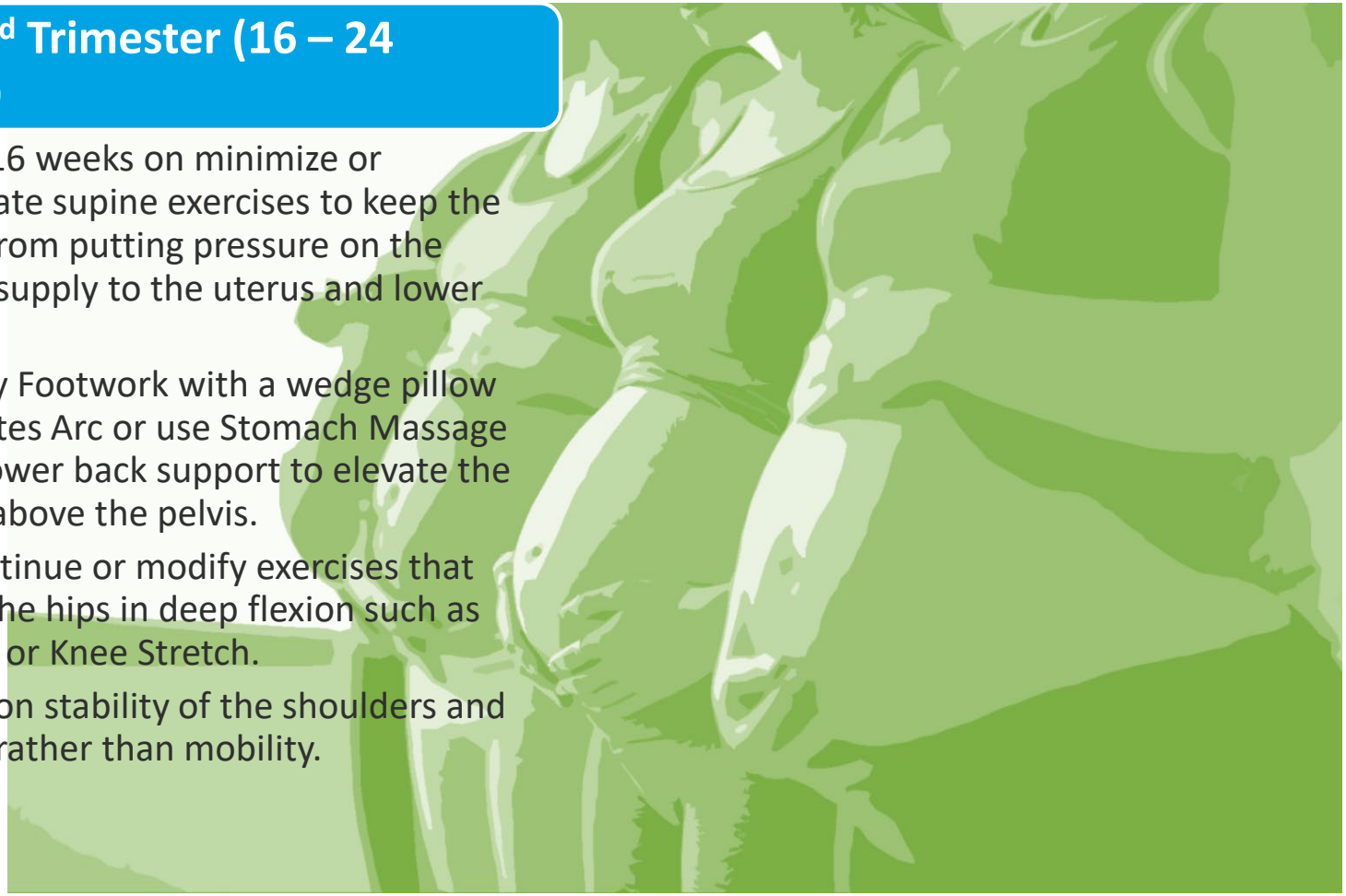
balanced body

Mat 1

Stages of Pregnancy

Late 2nd Trimester (16 – 24 weeks)

- From 16 weeks on minimize or eliminate supine exercises to keep the fetus from putting pressure on the blood supply to the uterus and lower body.
- Modify Footwork with a wedge pillow or Pilates Arc or use Stomach Massage with lower back support to elevate the heart above the pelvis.
- Discontinue or modify exercises that work the hips in deep flexion such as Teaser or Knee Stretch.
- Focus on stability of the shoulders and pelvis rather than mobility.



balanced body

Mat 1

Stages of Pregnancy

3rd Trimester (24 weeks until delivery) exercise guidelines

- Use a wide leg position on footwork.
- Emphasize the limbs rather than the core.
- Continue to focus on shoulder and lumbopelvic stability.
  - Leg and hip strength
  - Light, neutral trunk integration exercises
  - Upper body exercises for lifting and carrying.
- Caution with resisted adductor work to minimize pressure on the pubic symphysis especially if the client is hypermobile.

Mat 1

Stages of Pregnancy

Post natal

- If delivery was vaginal, begin basic trunk integration, core and lumbopelvic stabilization exercises as soon as possible.
- If delivery was by C section, do only light trunk integration, core stabilization and lumbopelvic stability exercises until cleared by the doctor. This usually takes 6 to 8 weeks.
- Focus on a full body workout to restore tone in the abdomen, stability of the pelvis and strength in the upper body.

balanced body

Mat 1

Lumbopelvic Placement – Starting positions

Side Lying

- Keep the spine as straight as possible with the hips and shoulders stacked. There may a small space between the waist and the mat.
- Imagine the torso is sandwiched between two sheets of glass.

balanced body

Mat 1

Pilates Mat 1 Exercises

Focus: Trunk Integration – Hip Abduction and Adduction Strengthening

- Side Leg Lifts
- Side Leg Circles – Big and Small
- Side Leg Kicks
- Side Leg Bicycle
- Side Leg Bananas

balanced body

Mat 1

Pilates Mat 1 Exercises

Focus: Trunk Integration - Spinal Mobility - Balance and Coordination

Seal

balanced body

Mat 1 Workouts

Lower Body Focus

Standing Multifidi Engagement

Standing Ant/Post Tilt

Downward Dog

All Fours Abs

Tail Wag

Opposite Arm/Leg Reach

Knee Folds

Hamstring Stretch

Single Leg Circles

Neutral Bridging

Single Leg Stretch

Single Straight Leg Stretch

Spine Stretch Fwd

Saw

balanced body

Mat 1 Workouts

Lower Body Focus




Side Legs Series: Leg Lifts + Circles + Kicks + Bicycles

Bananas

Figure 4 Stretch

½ Straddle Stretch

Swan

Single Leg Kicks

Double Leg Kicks

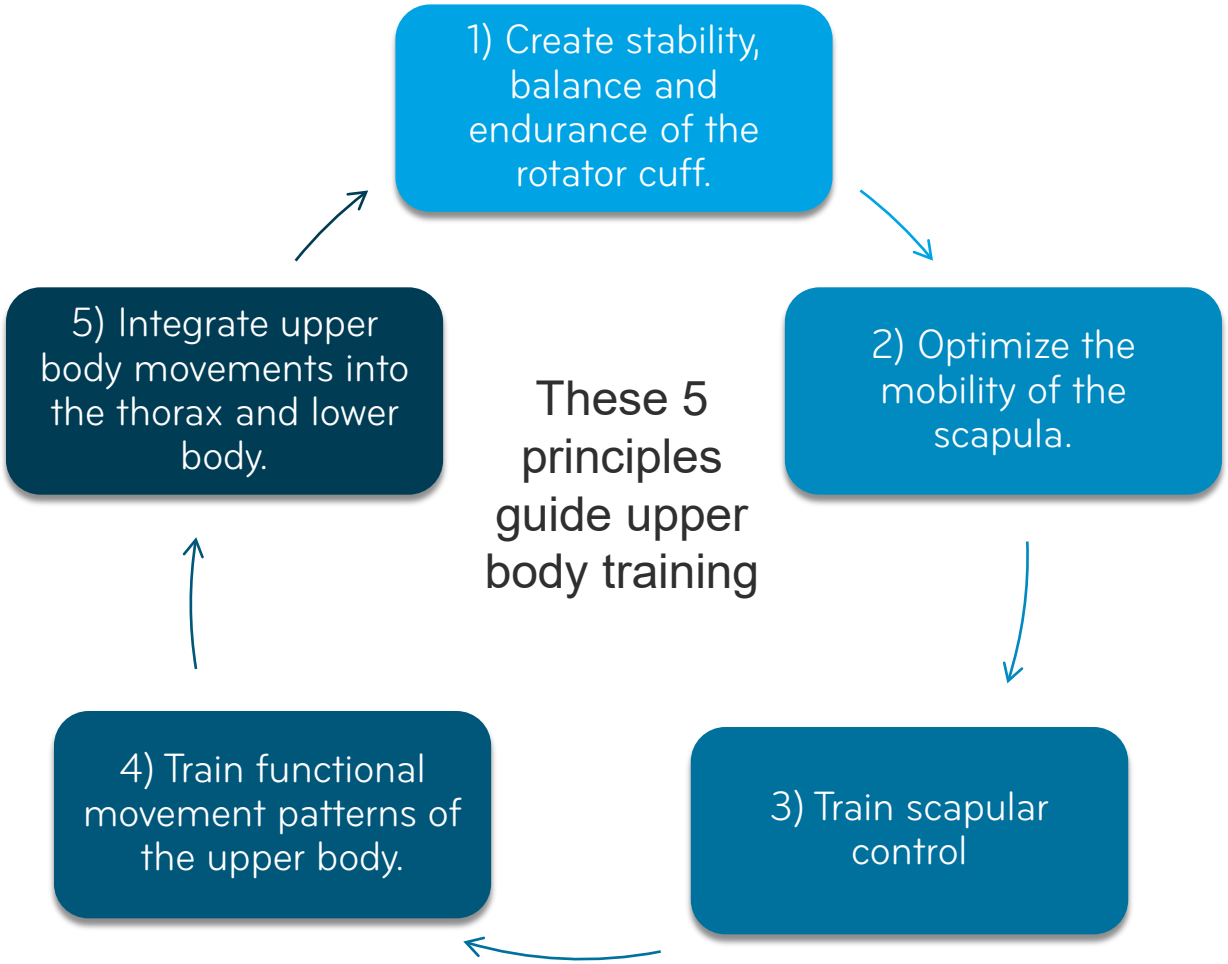
Swimming

Child's Pose Side

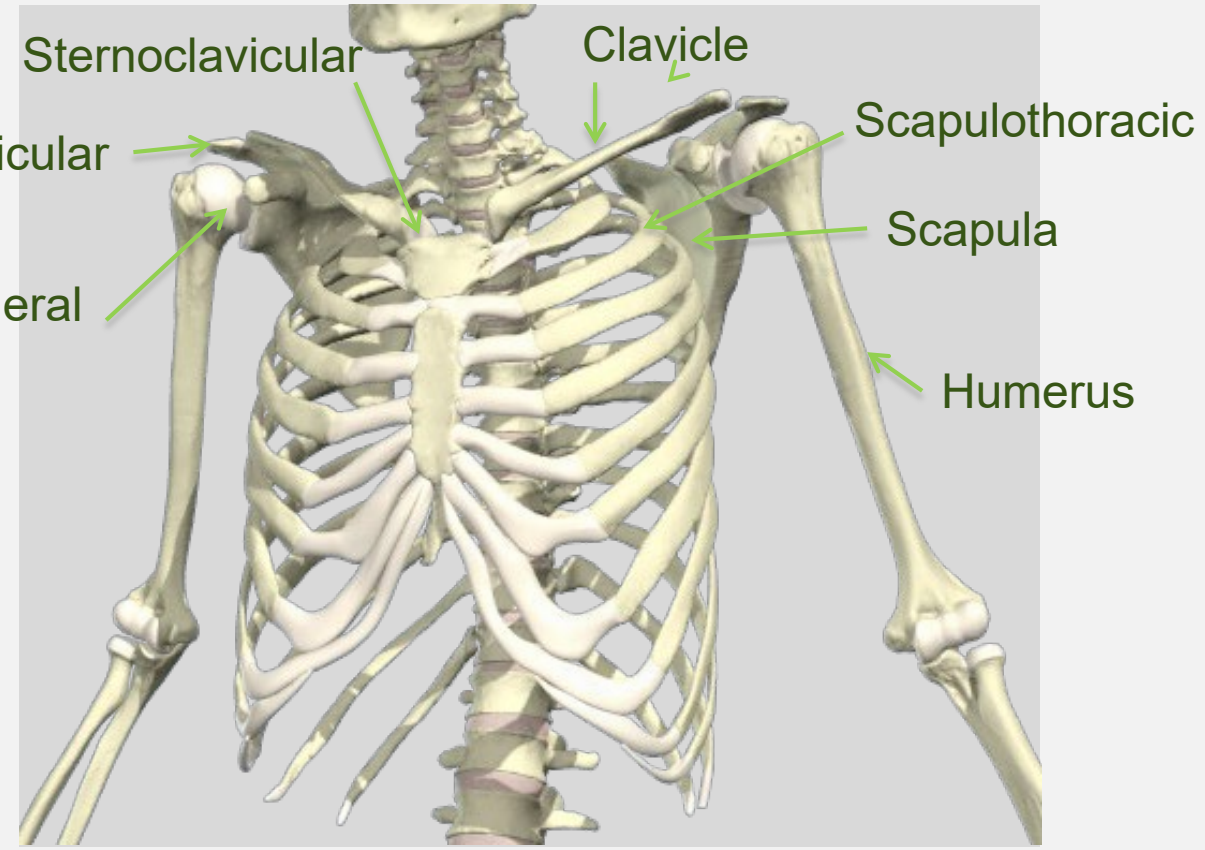
balanced body

Mat 1

Upper Body Strength and Balance



balanced body



Bones and Joints of the Shoulder

All of these joints, need to move in harmony to create healthy shoulders.

balanced body

Mat 1

Scapular Mobility Exercises

Telescope Arms

Pinwheel

Angels in the Snow

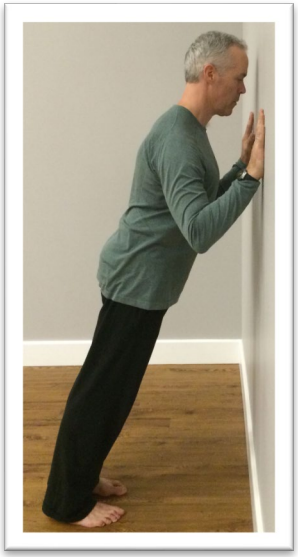
balanced body

Mat 1

Scapular Stability Exercises

Sternum Drop

Wall Push Ups



Modified Push Ups

balanced body

Mat 1

Pilates Mat 1 Exercises

Focus: Trunk Integration - Scapular Stability

Push Ups

balanced body

Mat 1 Workouts

Upper Body Focus

Telescope

Pinwheel

Angels in the Snow

Sternum Drops

Modified Push Ups

Prone Rockets

Swan Prep

Swan

Seal

Push Ups

Child's Pose Triceps Stretch

balanced body

Mat 1 Workouts

Introductory Session

Standing + Knee Bends

All 4's Abs + Cat/Cow

Pelvic Clock + Fingertip Abs

Ab Curls + Toe Taps + 100 prep

Leg Circles–Small

Rolling Like a Ball

Single Leg Stretch

Spine St Fwd + Side + Saw

Baby Swan + Single Leg Kick

Side Legs R and L

Seal

Sternum Drops + Opp A/L

Wall or Mat Push Ups

balanced body

Mat 1 Workouts

Beginning Session


Standing + Knee Bends


All 4's Abs + Cat/Cow


Pelvic Clock + Ab Curls


Toe Taps


The Hundred


Roll Up


Leg Circles–Small + Large


Rolling Like a Ball


Single + Double Leg Stretch


Spine St Fwd + Side + Saw


Baby Swan + Single/Double Leg Kick


Sternum Drops + Opp A/L


Single St Leg Stretch + Criss Cross


Side Legs + Bananas


Seal


Wall or Mat Push Ups

balanced body

Mat 1 Workouts

Intermediate Session

Standing + Knee Bends

All 4's Abs + Hip Circles

Pelvic Clock + Fingertip Abs

The Hundred

The Roll Up

Leg Circles–Small + Large

Rolling Like a Ball

Single + Double Leg Stretch

Spine St Fwd + Side + Saw

Open Leg Rocker

Baby Swan + Single/Double Leg Kick

Swan or Swan Dive

Sternum Drops + Opp A/L

Side Legs + Bananas

Single/Double St Leg Stretch + Criss Cross

Seal

Mat Push Ups

balanced body

Mat 1 Workouts

Heating It Up

Standing + Squats

Cat/Cow + Tail Wag

Fingertip Abs + Ab Curls

The Hundred

The Roll Up

Single Leg Circles - Small

Rolling Like a Ball

Single + Double Leg Stretch

Spine Stretch Fwd + Side

Saw

Swan + Single & Double Leg Kick

Swimming

Sternum Drops + Opp A/L

Single St Leg Stretch

Side Legs + Bananas

Seal

Push Ups

balanced body

Mat 1 Workouts

Trunk Integration

Abdominal Strength & Spinal Mobility

Butterfly + Knees to Chest + Supine Rotation Stretches

Marching and Toe Taps

Abdominal Curl

Oblique Curl

The Hundred

Roll Up

Hamstring Stretch

Single Leg Circles Small

Rolling Like a Ball

Single Leg Stretch

Double Leg Stretch

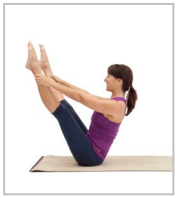
Spine Stretch Fwd

Single Straight Leg Stretch

Double Straight Leg Stretch

Criss Cross

Spine Stretch - Side



Open Leg Rocker

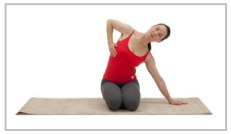
Saw

balanced body

Mat 1 Workouts

Trunk Integration

Spinal Mobility & Strength Focus



One Lung Breathing

All Fours Abs

Cat/Cow + Poodle Tail

Tail Wag

Opposite Arm/Leg

Prone Rockets

Swan Prep

Supine Twists

Articulated Bridging

Hip Dips + Figure 8

Abdominal Curl

Oblique Curls

Neutral Bridging

Hundreds

Modified Roll Up

½ Roll Back

Rolling Like a Ball

Single Leg Stretch

Double Leg Stretch

Spine Stretch Forward

Spine Stretch Side

Swan

Single Leg Kick

Child's Pose

Side Child's Pose

balanced body

Balanced Body Pilates Instructor Training

Requirements for Completing Mat

Prerequisites:

10 Pilates Mat Classes required

6 months experience recommended

Complete Movement Principles

Complete Mat Course Work

Mat 1 Mat 2 Mat 3

Complete 20 personal sessions, 15 observation hours and 35 student teaching hours

Take the final exam

balanced body

Practice, Practice, Practice!

Your next step is to practice the exercises, practice teaching and share the benefits of Pilates with your family, friends and clients.

Enjoy your practice, engage with your teaching and embody the principles of Pilates!

Thank you for joining the Balanced Body Pilates Instructor Training Program.

We look forward to seeing you for Mat 2!

balanced body