

# **PILATES ON TOUR INDIA**

## **Toughen Up Your Pilates: Retaining the Athletic Client**

Presented by

**NICO GONZALEZ**

NCPT, ACE-PT

Balanced Body Principal Educator

Founder of Pocket Pilates

Founder of Vital Lab

Founder of Fitness Physiques

**Toughen  
Up Your  
Pilates:  
Retaining  
the  
Athletic  
Client**

**THE NOBLEST ART  
IS THAT OF  
MAKING OTHERS HAPPY.  
– P.T. BARNUM**

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## **KNOW THE LANGUAGE**

**AMRAP: “As Many Reps/Rounds as Possible,”**

**Ass to Grass: Also called “Ass to Ankles,” or ATG**

**WOD: The “Workout of the Day”**

**10 General Physical Skills of Fitness: cardiovascular endurance, stamina, strength, flexibility, power, speed, coordination, accuracy, agility, and balance.**

**Metcon: Short for “metabolic conditioning,” metcons are designed to train stamina, endurance, and conditioning. Unlike WODs—which can also include purely strength or skill-based workouts—metcons generally include some sort of timed component performed at high intensity.**

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## SPECIFIC SPORTS

- TRIATHLETE ACTIVITIES
- BALL SPORTS
- DANCE BASED ACTIVITIES



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## **SPECIFIC SPORTS**

### **➤ TRIATHLETE ACTIVITIES**

- Running, Biking, Swimming, and Hiking

### **➤ BALL SPORTS INCLUDE**

- Golf, Tennis/Racquet Sports, Baseball, Basketball, Football and Soccer

### **➤ DANCE BASED ACTIVITIES**

- Dace, Ice Skating, Gymnastics, Circus, and Martial Arts

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## STANDING LUNGE SERIES - 1H2

- Split Lunge
- Lunge Leg Lift
- Lunge Knee Tuck



Mr. G's Tip: Where on your foot do you feel unbalanced?

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## STANDING LUNGE SERIES - 1H2

- Cross Back Lunge Side Kick
- Single Leg Squat
- Single Leg Squat Isometric Triceps Pulses

Mr. G's Tip: Can you keep  
equal weight in both hands?



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## STANDING LEG PUMP SERIES – 2H2

- Single Leg Pump
- Squat Pedal Stable
- Squat Rhythmic Pedal



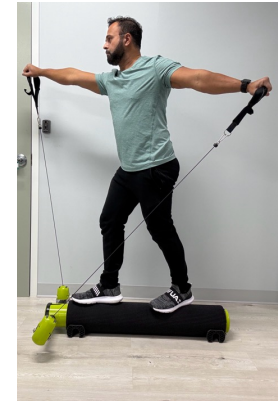
Mr. G's Tip: Have you found  
your sassy side yet?



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## MOTR UPPER BODY STRENGTH & BALANCE

- Hinge Row
- Step Up – Swinging Arms
- Step Up – Upright Row



Mr. G's Tip: Keyhole Arms.

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## ROLLBACK SERIES – 1H2

- Half Rollback – pedal stable
- Half Rollback – rhythmic pedal
- Twist – knee sway away



Mr. G's Tip: Breath equally into  
your left and right side.

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## PUSH UP FACING SIDE OF CHAIR – 1H2

- One hand on seat, other on pedal
- Add rear leg lift when pedal is down
- Add Side Plank when pedal is up and top leg (star)

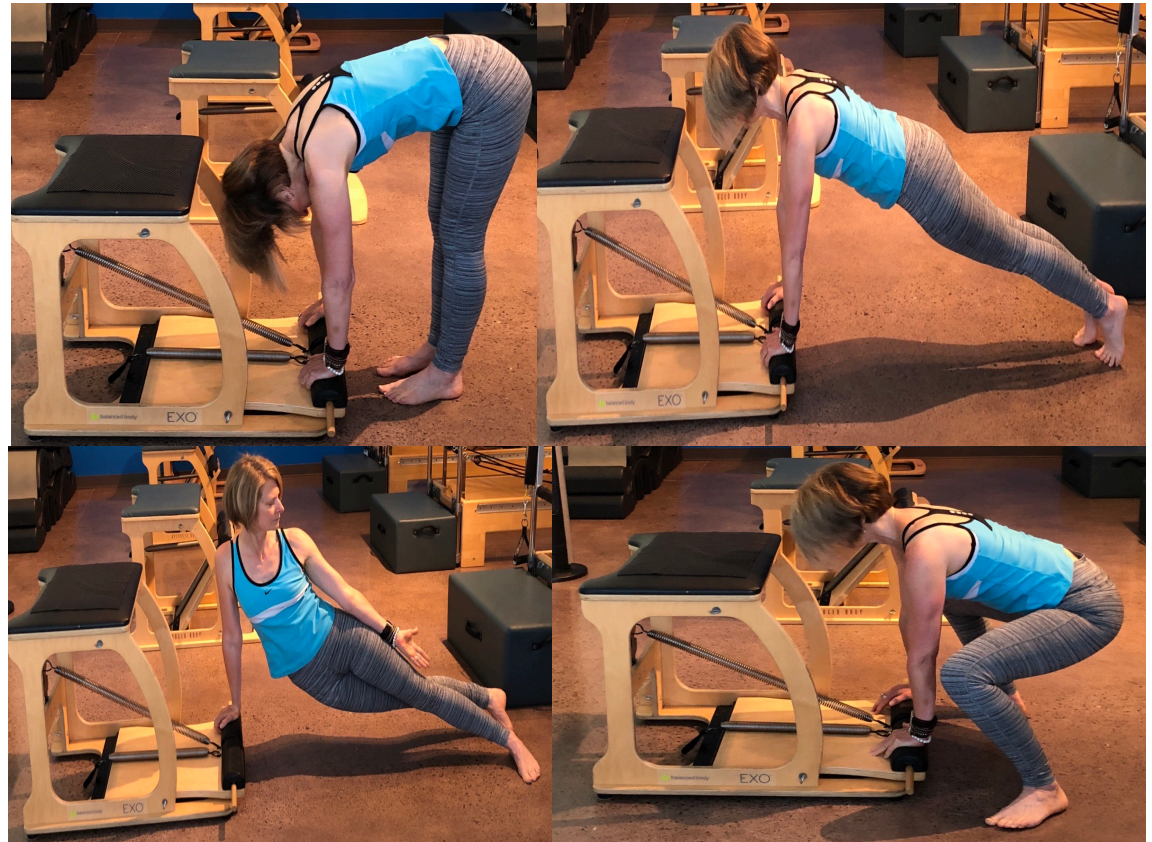


Mr. G's Tip: Widen your stance  
to keep your central focus.

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## WALK THE PLANK SERIES – 1H2

- Roll Down, Step Back into Plank, Side Plank, Side Dip, Plank, Side Plank, Side Dip, Push Up, Jump Forward, Roll Up



Mr. G's Tip: Use your air to facilitate each movement.

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## STANDING SERIES – 1H2

- Single Deadlift
- Single Leg Arabesques

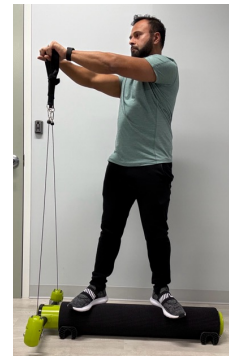
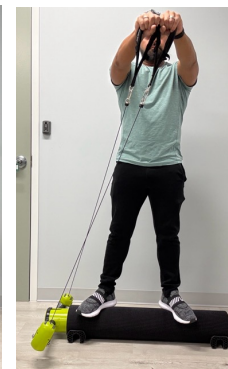
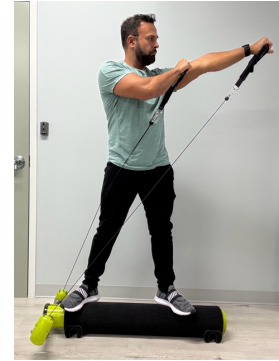


Mr. G's Tip: Who's the boss  
as you rise?

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## MOTR FACING SIDE UPPER BODY STRENGTH & BALANCE

- Squat to Across
- Squat to Pull Across High
- Squat with Arms Around the World



Mr. G's Tip: Find your feet anchors!

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## PRONE SERIES – 1H2

- Swan w/ coach on heels
- Slow Swimming
- Slow Swimming add torso rotation



Mr. G's Tip: What 3 things  
can you focus on in Prone?

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## OBLIQUE SERIES – 1H2

- Side lying Oblique Lift w/ Top Leg
- Side lying oblique Twist w/ knee bends
- Side lying oblique twist w/ legs long teaser



Mr. G's Tip: Know where your tipping point is.



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## OBLIQUE SERIES – 1H2

- Side lying oblique single knee stretch up down
- Seated Side Bend into Side Lying Oblique (Trapeze advanced mermaid)

Mr. G's Tip:  
Think forest  
from the trees!



Nico Gonzalez

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## PIKE SERIES – 2H2

- Frog Legs
- Frog Legs Flat/Rounded
- Frog Legs Push Ups



Mr. G's Tip:  
Shift your weight  
forward.

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## PIKE SERIES – 2H2

- Pike – Semi Circle Walking Hands



Mr. G's Tip:  
Keep your center  
from shifting.

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## AGILITY DRILLS

- Lunge Step Ups
  - Knee
  - Kick
  - Side Leg
- Endurance Repeater



Mr. G's Tip:  
Vary the tempo for a challenge.

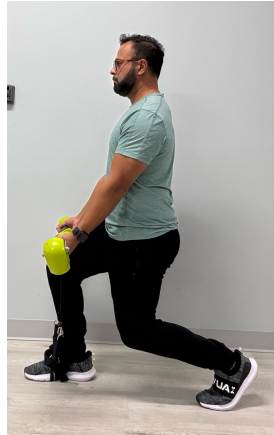
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## MOTR OFF CENTER Arms & Legs

(Both straps loop over  
one foot)

- Lunge Front Raise
- Lunge Low Biceps  
into High Biceps

Mr. G's Tip:  
Switch legs to see  
which has better control



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## MOTR PLANK SERIES

- Leg Lift
- Knee Drive
- Knee Drive Circle



Mr. G's Tip:  
Notice where  
the upper body weight shifts  
and when.

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SCAN QR Code to receive:

- FREE 25min video playlist of Magic Ring on the Reformer
- Deep discount to Pocket Pilates app
- Updates on upcoming events with me



**NICO GONZALEZ**

[info@pocketpilatesusa.com](mailto:info@pocketpilatesusa.com)

[www.pocketpilatesusa.com](http://www.pocketpilatesusa.com)