CLASS

Pilates Class Schedule:

1. Read StAc yellow sheet
2. Beginning Pilates
3. Beginning Pilates (2 min. plank &
4. Lecture #1 – Introduction to Pilates Stomach series)
5. Lecture #2 – Principles of Pilates (Swan)
6. Lecture #3 – Stance and Breathing (S/D leg kick)
7. Lecture #4 – Anatomy (double knee drop)
8. Lecture #5 – Equipment, Muscle Balance and Movement
9. Pilates – Unit 1 – Hand Weights – Intermediate levels (neck pull)
10. Pilates – Hand Weights (overhead series)
11. Pilates – Unit 2 – Bands (leg series)
12. Pilates – Bands (Teaser 1-3)
13. Pilates – No Class
14. Pilates – Pilates (Leg pull/leg pull front)
15. Pilates – Unit #3 – Discs (Table top w/ side out)
16. Pilates – Discs (Hip twist 1-2)
17. Pilates – Unit #4 – Pilates Circle (Kneeling side kick)
18. Pilates – Pilates Circle (side bend)
19. Pilates – Unit #5 – Stability Balls – Advanced Levels
20. Pilates – Stability Balls (Elevated hip twist)
21. Pilates – Unit #6 – Squishy Balls (stomach massage)
22. Pilates – Squishy Balls (knee folds L-3)
23. Pilates – Advanced (Balance control)
24. Test Review
25. Pilates – Advanced – Hand out Que cards
26. Pilates Boot Camp
27. Pilates Circuit
28. Pilates and Pregnancy Lecture
29. Last day of Class

Objectives:

1. Learn to preform safe and effective workout for total body fitness.
2. Evaluate own Physical fitness and set individual goals for improvement
3. Demonstrate understanding of basic scientific principles regarding
   cardio, endurance, strength, flexibility and lean/fat body ratio by
   passing written test.
Lesson 1: Introduction to Pilates

*Clothes—what to wear to class
*Friends in class
*Gas
*injury report
*Class format and explanation:
  * lectures
  * units
    * levels
    * boot camp
    * circuit
    * test review
*My introduction

Lesson 2: Background

*Joseph Pilates was born in 1883 in Germany
*Father was a prize winning gymnast.
*Joseph was a sickly child (asthma, rickets, rheumatic fever)
*Dedicated his life to improving his health
*He studied body building, yoga, Kung Fu and gymnastics
*By age 14 he was fit enough to pose for anatomical charts.
*He believed that “Modern Life”, bad posture and inefficient breathing were the roots of poor health.
*He devised a series of exercise and training techniques and engineered all equipment to teach his methods.
*Contrology encourages mind to control the muscles.
*Pilates focuses on core muscles that keep body balanced and provide support for the spine.
*work opposing muscles throughout routine to get a full body workout.

Basic Scientific Principles of Exercise:
*Cardio---Endurance for heart and muscles. Intervals for health and performance.
  General health—3 x/wk. For weight loss—5 x/wk increase intensity.
*Strength---increases lean/fat body ratio. 2 x/wk
*Flexibility---reduces injury. Healthy muscles. 4-5 X/week
Lesson 3: Stance and Breathing

*Stance:
  * Relaxed--Posture
    * V—Squeeze abs, adductors, gluteus medius and buttocks
  * Locate Transverse Abdominal
    * Relaxed stance—Pull abs away from hand (feel them move)
    * Pilates V-- Zip up from heels. Draw abs into center
  * Seated-- Scoop the stomach
  * Supine-- cough

*Breathing is an automatic, necessary activity that influences the body's activities. “It is the first act of life and the last.” (JP) Proper breathing can help us optimize our health and wellness, whereas poor breathing can set the stage for illness and disease.
  * Breathing releases toxins from our body.
  * Complete exhalation eliminates the stale air that accumulates at the bottom of our lungs. (we tend to inhale more air then we exhale)
  * Range of motion increases with deep breathing.

Diaphragmatic breathing: Massages the internal organs as the diaphragm drops down into the abdominal cavity on each exhale. Calming and relaxing.

Lateral Breathing: breathing deeply and fully into the sides and back, or the lower lobes of the lungs. You can keep the abdominal muscles contracted, providing support for the lower spine and back. (C-curve)

Staccato Breathing: short breaths in and out. (Hundred)

  * Inhale is short, exhale is long. (Roll up)
Lesson 4: Musculoskeletal Anatomy  
(using weights)

| Neck     | Sternocleidomastoid — Cervical flexion — forward and back)  
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<tr>
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<td>Hundred</td>
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<td>Scalenus — Flexion, rotation, extension — <strong>Double leg kick</strong></td>
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<td>Arms</td>
<td>Biceps-elbow flexion (decreasing angle) — <strong>Push-ups, curls</strong></td>
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<td>Triceps — elbow extension (increasing angle) — <strong>Push-ups, kickback</strong></td>
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<td>Shoulders</td>
<td>Deltoids — Flexion, extension (straight arm press back)</td>
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<td><strong>Push-ups, leg pull, Shoulder press</strong></td>
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<td>Rotators — rotation (elbow at side, rotate away from body)</td>
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<td>Chest</td>
<td>Pectorals — <strong>Upright Flys, Push-ups</strong></td>
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<td>Upper/Mid back</td>
<td>Trapezius &amp; Rhomboids — scapular elevation and retraction</td>
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<td><strong>Jackknife, upright rows</strong> (pull weights from navel to chin)</td>
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<td>Latissimus dorsi — scapular depression (back flexion-I, Y, T, W)</td>
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<td><strong>Lat pull down</strong></td>
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<td>Anterior Torso</td>
<td>Rectus Abdominal — Spinal Flexion and rotation (six pack)</td>
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<td><strong>Roll up with bent knees</strong></td>
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<td>Transverse abdominal — abdominal compression and expiration.</td>
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<td>(below belly button) — <strong>Corkscrew, double leg drop</strong></td>
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<td>Posterior Torso</td>
<td>Erector Spinea — Spinal extension (runs along spine) <strong>dead lift</strong></td>
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<td>Buttocks</td>
<td>Gluteus Maximus — Hip extension &amp; external rotation — <strong>straight leg lift &amp; fire hydrant</strong></td>
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<td>Anterior upper</td>
<td>Iliopsoas and Quadriceps — Hip flexion and knee extension.</td>
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<td>Thigh</td>
<td><strong>Leg pull front, single leg circles</strong></td>
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<td>Posterior upper Thigh</td>
<td>Hamstring — knee flexion and hip extension — <strong>Single leg kick</strong></td>
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<td>Outer thigh</td>
<td>Gluteus Medius &amp; Tensor Fascia Latae (TFL) — Hip abduction</td>
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<td>(away from the mid-line of body) — <strong>Side leg lift, Point and flex lift, Clam</strong></td>
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<td>Inner Thigh lying</td>
<td>Hip adduction — (Movement towards mid-line of body) — side lift.</td>
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<td>Anterior Lower</td>
<td>Anterior Tibialis — Dorsi Flexion (bending backward)</td>
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<td>Leg</td>
<td><strong>Point and flex</strong></td>
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<td>Posterior Lower Leg</td>
<td>Gastrocnemius &amp; Soleus — Plantar flexion (foot movement away from body)</td>
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<td><strong>Calf raises in Pilates V</strong></td>
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Pilates Lesson 5: Movements

Pilates Movements:
* We will be working on the floor using a mat. Pilates is also done using a machine called a reformer.
* Pointing the toe and flowing the foot during different movements can prevent pain. The ankle should be free of stiffness and rigidity.
* We will repeat movement several times in class to perfect alignment, strength and flow of the movement.

Equipment:
It is appropriate to use small hand weights, Pilates circle, band yoga mat and stability ball in a Pilates workout.

* Weights over 8 lbs are not advised in a Pilates workout. We want to create long lean muscles.
* Pilates is done in bare feet so we can feel connected to the mat. Shoes stop sensory nerves from feeling the ground and offering proprioceptive feedback. (A sensory receptor found in muscles that detect motion or body position)

Muscle Balance and Lengthening:
* Muscles can be broadly classified into two types: Stabilizers & Mobilizers

  * **Stabilizer muscles** are primarily responsible for assisting in postural holding and stabilizing a joint.
  * Smaller muscles
  * Tend to be shorter muscles that lie deeper within the body.
  * Need to be able to work for prolonged periods. Endurance is required.
  * Work at 20-30% **Standing on one leg**

Mobilizers--
* Responsible for muscle movement.
* Tend to lie near the surface of the body
* Long muscles
* Work at 40-100% of maximal voluntary contraction. **Quad Lift, Squats**

Lengthening:
* Pilates can NOT actually change the length of your muscles. Pilates encourages length and space in your spine in every exercise. After awhile those muscles remember how good it feels to be tall. You will carry yourself differently. Having a strong core and a flexible spine makes you feel good, stand straighter and actually appear taller.

Flexibility helps to relieve stress-- Healthy muscles are supple and flexible. Controlled breathing is one of the Principles of Pilates. When you are focused on breathing properly, with complete concentration, your mind is quiet and free from stress and anxiety. Practice deep abdominal breathing to soothe the nervous system and relax the muscles.

Q: What happens inside your body when you are stressed?
* Tight muscles
* upset stomach
* insomnia
* sugar cravings
* elevated HR
* headaches

5 min. Relaxation Exercise
Principles of Pilates Lesson #6

1. Relaxation—The starting point in a Pilates session, releasing unwanted tension from the body. **Warm-up**

2. Breathing—Controlling the breath and breathing correctly are extremely important in understanding Pilates. Helps maintain proper alignment, oxygenates your body and aids in flow of movement. **Roll up**

3. Concentration—Allowing the mind to control and move the body efficiently and appropriately. Being present while doing the moves to get the most benefit from each move. Full commitment and awareness to each exercise. **Rocker**

4. Control—Each move is controlled and should never be wasted. Keeping the movement within your capabilities is important for maintaining alignment and stability. **Teaser 1**

5. Centering—Everything in Pilates is originated from the center of the body, called the Powerhouse or Core. A Strong center makes for a strong body overall. **Roll Over**

6. Precision—Having a place for each part of your body to go making each movement correct. Every movement has a purpose. **Leg work**

7. Fluidity—Having all muscles working together with precision from your center to create a flowing rhythmic movement. Movement with extreme efficiency and flow with just the right amount of effort. Each movement should flow gracefully into the next. **Jackknife**

8. Alignment—Putting the joints in the proper place ensures unnecessary stress is avoided. All parts affect each other. **Shoulder Bridge**

9. Coordination—Using upper and lower body effectively for safe and sound movement. **Teaser 3**

10. Stamina—Energy will no longer be wasted on the exercise patterns from pain or stress, or from moving inefficiently. Being able to work through the Pilates paterns. **Stomach Series**