

PILATES FLOW

Presented by Cherry Baker Sal Russ & Anne Bain

Combination of Pilates moves to progress your exercises and develop a feeling of flow and grace. This progressive Modern Pilates class is aimed at those already familiar with Pilates and want to add a different dimension.

Each exercise will be set up with the Base Line Essential principles appropriate for each of the starting positions. Progressions should only be given to clients whose technique was good and maintained the alignment through the exercise. Repetitions and rest as required ensuring good movement quality.

Standing	<u>Balance & Mobility</u> Sways – forward/backward/side to side i. eyes open ii. eyes closed iii. add a pause for a count of 5
	Side Bend – position 1, 2 & 3. Good spinal alignment & breath. i. Feet hip distance apart ii. Feet together iii. Feet staggered tightrope iv. Feet tightrope v. Stork stance.
	<u>Knee Lift – Hip Extension Combination</u> i. Side sways into knee lift – alternate legs Add opp arm float and tricep on back arm
	<u>Rotator Cuff combination</u> i. Arms out to side, keeping the shoulders down. (Scaption) ii. 90° Abduction, bend elbows, palms facing forwards iii. Rotate arms so palms face downwards & return iv. Alternate arm into Morecambe & Wise.
	<u>Single Leg Lunge</u> i. Heel Strike to Lunge position. Hands on hips ii. Lunge on R Leg, hands reach down inside of right leg. iii. As pushing up raise arms up and across to Right shoulder iv. In Lunge position, lift back leg and repeat the arm action balanced on one leg.
All 4's	<u>Bone Loading Combination</u> (shell stretch or slump to recover) i. Knee pull > alternate foot hover ii. Plank (elbows) > alternate foot hover iii. As ii adding Hokey Cokey sequence iv. All 4's Plank Hokey Cokey sequence v. All 4's Plank into Side plank As v. add threading the needle.
Side	<u>Side leg – external, internal rotation with slight hip flexion</u> Side leg series set up. Shoulder, Hip, knee and ankle lined i. Side leg series 1 ii. Side leg series 2 iii. Side leg series 2 with external hip rotation (may not advisable for those who suffer from sciatica) iv. Top hand on thigh Increase the challenge and reach towards the knee, creating a banana shape. Hold for a count of 5.

Supine	<p>Hamstring Stretch in preparation for <u>Shoulder Bridge</u></p> <ol style="list-style-type: none"> i. Shoulder Bridge – segmental control ii. Double Arm pull over iii. Ab Prep with foot hover iv. Combination Shoulder bridge & double arm pull over recovering into Ab Prep (neutral spine) with foot hover <p>As iv but hover the foot at top of shoulder bridge.</p>
Side	As above on opp side
Seated	<p><u>Seated Roll Back</u></p> <p>Pelvic tilt on floor into shoulder bridge for those with sciatica or lumbar disc issues</p> <ol style="list-style-type: none"> i. J > C > I (hands behind thighs, on thighs, raised to shoulder height) ii. J > C hold and add oblique twist, taking hands to floor. iii. As ii but hover the <u>same side</u> foot as oblique twist <p>As iii but hover the <u>opposite side</u> foot as oblique twist.</p>
Kneeling	<p><u>Spinal Rotation</u></p> <ol style="list-style-type: none"> i. Prayer > Bow & Arrow > Abduction ii. Kneeling quad challenge iii. Kneeling quad challenge with spinal rotation.
Supine	<p><u>Swan dive - Thoracic and lumbar extension- hip extension</u></p> <ol style="list-style-type: none"> i. Arms in W thoracic extension ii. Arms W thoracic in to lumbar avoid hinging maintain segmental control iii. Single leg extension iv. Double leg extension with slight rotation v. Observe knee alignment to avoid use of hamstring > avoid movement in lumbar spine vi. Add upper body and lower body in rocking action.
Hip Flexor Stretch	<p>Kneeling hip flexor</p> <p>Arms up by ears</p> <p>Extend</p>
Standing	<u>Standing Bleps and finish</u>

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Many Thanks for attending!