

PILATES

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HISTORY OF PILATES

- DEVELOPED BY JOSEPH PILATES TO OVERCOME CHILDHOOD AILMENTS OF ASTHMA, RICKETS, AND RHEUMATIC FEVER
- IN 1925, THE GERMAN GOVERNMENT ASKED PILATES TO START TRAINING THE GERMAN ARMY
- PILATES EMIGRATED TO NEW YORK CITY, WHERE HE OPENED A STUDIO THAT BECAME POPULAR WITH THE DANCE COMMUNITY

THE PILATES FUNDAMENTALS

- PILATES RELIES ON POSTURAL ALIGNMENT FOR EFFECTIVENESS
- THE DIAPHRAGM IS THE TOP OF THE CYLINDER OF CORE MUSCLES; RESPIRATORY CONTROL REQUIRES RESPIRATORY STRENGTH, AS WELL AS COORDINATION AND TIMING.
- PRECISE MOVEMENT WITH FEW REPETITIONS

POSTURAL ALIGNMENT - FRONT

- CHIN
- NOTCH OF COLLAR BONE
- NAVEL
- MIDDLE OF PUBIC BONE
 - MIDDLE HIP JOINT
 - MIDDLE KNEE CAP
 - TIBIAL TUBEROSITY
 - SECOND TOE

POSTURAL ALIGNMENT - SIDE

- EAR LOBE
- ACROMION PROCESS
- GREATER TROCHANTER
- KNEE JOINT
- LATERAL ANKLE BONE

NEUTRAL PELVIC ALIGNMENT

- ILIUM SAME VERTICAL PLANE AS PUBIC BONE
- HAND TEST
- PELVIC ALIGNMENT INFLUENCES LUMBAR SPINE

WHAT IS THE CORE?

- THE LUMBOPELVIC/HIP COMPLEX – IMPACT FROM MOVEMENT MEETS COMPRESSION OF WEIGHT FROM UPPER TRUNK AND ARM MOVEMENT
- THE INNER UNIT – THE DIAPHRAGM, TRANSVERSE ABDOMINALS, MULTIFIDUS, PELVIC FLOOR
- MUSCLES THAT STABILIZE THE SHOULDERS, ALLOWING FOR ARM MOVEMENT

DIAPHRAGM

- TOP OF THE CYLINDER; ALIGNED OVER PELVIC FLOOR; MOVES 1.5 CM IN NORMAL BREATH
- NOSE BREATHING RELEASES BETA-ENDOPHINES
- MOUTH BREATHING STIMULATES RELEASE OF FLIGHT OR FIGHT STRESS HORMONES
- FEEL THE BREATH

TRANSVERSE ABDOMINIS (TA)

- STABILIZES PELVIS
- CONNECTS AT SPINE AND WRAPS AROUND TRUNK
- FEELING TA

MULTIFIDUS

- PART OF ERECTOR SPINAE; MIDDLE OF SPINE AND ON POSTERIOR SURFACE OF THE SACRUM
- FOR SACRAL MULTIFIDUS TO WORK, THE SACRUM MUST BE IN NEUTRAL, SLIGHTLY TILTED FORWARD
- FEELING THE MULTIFIDUS

PELVIC FLOOR

- MADE UP OF THREE MUSCLES; PILATES IS CONCERNED WITH THE PORTION CLOSEST TO PUBIC BONE THAT CONNECTS TO TA
- SUPPORTS INTERNAL ORGANS
- FEELING PELVIC FLOOR

FULL MATWORK

- THE HUNDRED
- THE ROLL-UP
- THE ROLLOVER
- LEG CIRCLES
- ROLLING LIKE A BALL
- SINGLE LEG STRETCH
- DOUBLE LEG STRETCH
- SINGLE STRAIGHT LEG STRETCH
- DOUBLE STRAIGHT LEG STRETCH
- CRISSCROSS
- SPINE STRETCH
- OPEN-LEG ROCKER
- THE CORKSCREW
- THE SAW
- SWAN-DIVE
- SINGLE LEG KICKS
- DOUBLE LEG KICKS
- NECK PULL
- THE SCISSORS
- SHOULDER BRIDGE
- SPINE TWIST
- THE JACKKNIFE
- SIDE KICKS
- TEASERS
- HIP CIRCLES
- SWIMMING
- THE LEG PULL-DOWN
- LEG PULL-UP
- KNEELING SIDE KICKS
- MERMAID/ SIDE BENDS
- THE BOOMERANG
- THE SEAL
- PUSH-UPS

HUNDREDS

- ON BACK, HIPS/KNEES BENT 90 DEGREES
- ARMS BY TRUNK, PALMS DOWN
- CURL TORSO UP, EXTEND LEGS TO 45 DEGREES
- PUMPING ARMS UP AND DOWN, INHALE 5 COUNTS, EXHALE 5 COUNTS

ROLL UP

- ON BACK, ARMS EXTENDED BY EARS, FLEXED FEET
- INHALE, RAISE ARMS AND CURL TORSO FORWARD
- EXHALE, CONTINUE REACHING TOWARD FEET
- INHALE, SIT UPRIGHT
- EXHALE, ROLL BACK

LEG CIRCLES

- ON BACK, ONE STRAIGHT LEG, ANKLE FLEXED
- OTHER LEG EXTENDED , ANKLE EXTENDED
- T BASE WITH ARMS
- SCRIBE SMALL CIRCLE, INHALE CROSSING MIDLINE, EXHALE OUTSIDE
- REVERSE, REPEAT WITH OTHER LEG

ROLLING LIKE A BALL

- FROM TUCK POSITION, ARMS WRAPPED
- INHALE, ROLL BACK ONTO SHOULDER BLADES
- EXHALE, ROLL UP
- BALANCE, FINISH EXHALATION

SPINE STRETCH

- STRADDLE, REACH ARMS STRAIGHT AHEAD
- EXHALE, REACH FORWARD
- INHALE, HOLD THE POSITION
- EXHALE, REACH FORWARD AGAIN
- INHALE, HOLD THE POSITION
- EXHALE, RETURN TO POSITION

SHOULDER BRIDGE

- ON BACK, ARMS BY SIDE
- JOINT ON JOINT STARTING WITH THE SACRUM PEEL THE SPINE OFF THE FLOOR
- JOINT ON JOINT MOBILISE BACK DOWN TO THE FLOOR

SPINE TWIST

- ½ SITTING
- LENGTH THROUGH SPINE
- INHALE, AND BRING BELLY BUTTON UP TO STOMACH
- EXHALE, TWIST TORSO TO THE RIGHT
- INHALE AS YOU RETURN TO THE START POSITION

SIDEKICKS

- SIDE LYING, EXHALE, KICK FORWARD TWICE, INHALE KICK BACK
- WITH LEGS PARALLEL, CIRCLE TOP LEG AT HIP HEIGHT
- BOTTOM UP LEG KICKS

SWIMMING

- PRONE POSITION
- RAISE OPPOSITE ARM AND LEG IN SWIMMING MOTION
- CHANGE SIDES
- INHALE FOUR, EXHALE FOUR

MERMAID/ SIDE BENDS

- SIDE POSITION WITH SOFT KNEES
- HAND BENEATH SHOULDER
- HIPS SHOULD FEEL ELEVATED TOWARDS THE CEILING
- EXHALE AS YOU DIP YOUR HIPS, LOOKING DOWN THE LINE OF THE BODY
- INHALE AS YOU RAISE THE ARM ALONGSIDE YOUR EAR, FEELING THE STRETCH ON THE LATISSIMUS DORSI