Pilates Strong

2019

With Leslee Bender

Thank-you for attending:

This program can be utilized with all levels of students as it is intended for the general population not the elite dancer

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The exercises given are inspired by Joseph Pilates but given the consideration of today’s society. Traditional Pilates is that primarily of flexion or dangerous hyper-extension which should not be taught in any manner for the students who come to our sessions unless they are a professional athlete or dancer. The exercises are standing in which the core is actually activated as apposed to supine. REMEMBER: It is not the quantity in which we train it is the quality in which we train

**Why tri-plane**

The Body moves in all three dimensions and understanding it is crucial to give students exercises that actually lengthen the tissue

Sagittal is anterior and posterior of your body

Frontal is either right lateral or left lateral of your body

Transverse is rotational and not affected by gravity

1. The traditional way of thinking about core work is not only crunches.

2. Understand the kinetic chain reaction of how the body reacts to gravity

3. Understand how the feet are the most important part of core AND MIND BODY training

4. Understand how postural issues affect the core dramatically

6. You will learn the functional approach to core muscular firing patterns and the relationship to the feet and how to easily explain them to students

7. You will learn and understand why muscles prefer to be lengthened than shortened

8. You will learn that through total body training that the body needs to be conditioned in all three planes of motion and how when not done creates muscular imbalances.

SAMPLE MIND BODY CLASS

The main point to get across is the purpose of every move and explains where you want a student to feel it

1. Foot massage

**Foot awareness influences postural issues……..**

It is good to look at a students feet.

1. pronated foot can lead to tight calves weak glutes
2. supinated foot can lead to tight anterior tibilas,hamstrings and glutes
3. lordosis
4. kyphosis

Why do a postural ’observation” first ? Whether your class is large or small you need to know what exercises are designed for what issue and the purpose. We have been conditioned to only memorize exercises and never the purpose, which leads to injuries and especially the low back. Look at your students no really look at them are they actually performing the exercises correctly? When you offer standing then you have the opportunity to be standing with them and above all facing them to observe their alignments and not with your back to them.

**S**tanding 100’s

Standing spine twist

Standing saw

Standing lunge calf activation

Standing balance

Rotational balance

Standing mermaid

Gliding lunge sagital

Gliding lunge transverse

Gliding lunge frontal

Seated ½ roll up with bender Ball

Seated rotation with Bender Ball

Side lying lateral flexion with Bender Ball

Supine bridge with Bender Ball

Supine psosas stretch with Bender Ball

Thank-You for attending

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